

The Building Blocks of self care

Self care skills are one of the first ways children develop the ability to plan and sequence task performance, to organize the necessary materials and to develop the refined physical control to carry out everyday tasks. At first, adults support children in these tasks with assistance and modeling, but as they learn and grow in their abilities, children develop independence.



These are the necessary building blocks to develop self care skills:

Adapted from Kid Sense

1 Hand and Finger Strength and Control

2 Sensory Processing

Accurate registration, interpretation, and response to environmental and bodily stimulation

3 Object Manipulation

Ability to control and use tools, including pencils, scissors, toothbrush, cutlery

4 Expressive Language

Using language through speech, sign, or an alternative

6 Planning and Sequencing

Performing an activity to achieve a result, like getting dressed

5 Receptive Language

Understanding language

7 Compliance

Ability to follow simple directions and routines

