

ADAPTIVE & SELF CARE Development *a closer look*

The Adaptive & Self Care Stage of Development is about cognitive, language, gross and fine motor, and social-emotional skills children learn and develop as they grow. Having these skills helps them to become more independent.

1 Adaptive Development

Refers to the ability level of a child related to age appropriate life skills



2 Self Care

Refers to abilities such as feeding, bathing, getting dressed, brushing teeth, using the bathroom, and more



When considering your child's development:

Keep in mind that what may be developmentally appropriate at two years old will be different from what's appropriate at five years old. For instance, a toddler may feed themselves with their fingers, but a five-year-old should be using a fork or spoon for the same food.

