

# ADAPTIVE & SELF CARE

## What to look for *ages 3-5*

As your child grows and learns, they will develop cognitive, language, gross and fine motor, and social-emotional skills that will help them become more independent and able to thrive in the world around them.

Here are a few ways you'll notice these developments as they happen:

### *3-4 years*

- Buttons and unbuttons large buttons
- Washes hands independently
- Uses the toilet independently
- Blows their nose when reminded
- Eats independently, without difficulty
- Brushes teeth independently
- Dresses and undresses, only requiring assistance with laces and fasteners
- Takes turns

### *4-5 years*

- Cuts easy foods with a knife
- Chooses weather-appropriate clothing
- Tolerates clothing with different textures, seams, tags, etc.
- Dresses independently
- Laces shoes
- Brushes teeth independently
- Develops friendships
- Follows rules

### *5 years*

- Engages in a morning routine
- Packs a bag for school or other outings with assistance
- Gets dressed completely independently
- Ties bows
- Crosses streets safely
- Opens lunch boxes, zip lock bags, food packaging
- Has the ability to cope in busy or noisy environments
- Follows instructions