

ADAPTIVE & SELF CARE

What to look for *ages 1-3*

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:

1-2 years

- Can unzip a zipper
- Distinguishes between edible and inedible objects
- Chews food
- Removes shoes, socks, pants on their own
- Attempts to brush their teeth
- Looks in the correct spot for hidden objects
- Knows where familiar items are kept
- Understands the common dangers of stairs, hot objects, etc.

2-3 years

- Unbuttons large buttons
- Has an awareness of their parents approval or disapproval of their actions
- Uses the toilet with assistance and has daytime control
- Takes off coat, puts on coat with assistance
- Expresses a range of emotions
- Tolerates a range of different textured foods
- Washes and dries hands with assistance
- Opens a door by turning the handle

3 years

- Explores how to make their own bed
- Wants to help wash dishes, sweep the floor, other household tasks
- Gets their own snack from a cupboard
- Knows their full name and part of their address
- Wipes up spills
- Removes their own plate from the table
- Helps to cook by mixing, measuring, pouring
- Puts away a few items from the laundry basket



Wyoming
Department
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Behavioral Health Division

Screen for Success is brought to you by the Wyoming Department of Health and the Early Intervention and Education Program



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