

SELF CARE BEHAVIORS & skills



Self care skills and behaviors involve everyday tasks. As children learn to perform these tasks on their own, they are also learning independence and preparing to participate in life activities. Self care behaviors and skills are important because they are the foundations of many life skills.

Self-feeding, toileting, dressing, and grooming are all important skills to develop, as are washing hands and brushing teeth, and going up and down stairs.

Important self care behaviors include carrying their own things, helping with chores and putting away toys, learning road safety and stranger safety, and problem solving.

You can encourage your child's self care development by:



Is your child meeting their milestones? Find your free developmental screening center at screenforsuccess.org/regional-map/

Practicing small parts of activities together so they're easier to learn

Adding play to your routines and the ways you practice, like singing a song during hand washing or seeing who can get dressed the fastest

Role playing tasks with favorite stuffed animals, such as eating and getting dressed

Using timers for activities your child doesn't particularly enjoy but needs to practice, like brushing teeth