



Stepping Stones Therapy for kids

Occupational, Physical & Speech Therapy

Self Help Skills

Child's Name: _____ Date: _____

Please mark everything your child independently completes, and note any difficulties.

Eating

- _____ Holds bottle
- _____ Feeds self cracker, munching
- _____ Accepts new solid food
- _____ Drinks with little spilling from open cup (with assistance in holding cup)
- _____ Fills spoon and feeds self in part, spills much
- _____ Lifts cup to mouth and drinks well
- _____ Hands empty cup to parent
- _____ Handles cup with ease, lifting, drinking, and replacing
- _____ Stops turning of spoon before it gets to mouth, still needs help in feeding
- _____ Holds small glass in on hand as he/she drinks
- _____ Little spilling in self-feeding
- _____ Pours well from a pitcher
- _____ Eats with fork
- _____ Rarely needs assistance to complete a meal
- _____ Cuts and spreads with knife
- _____ Independent in all self-feeding skills

Toileting

- _____ Indicates wet pants
- _____ Toilet regulated in daytime – both bowel and bladder
- _____ Dry at night
- _____ Verbalizes or signs toilet needs consistently
- _____ Tends toilet without help except for wiping
- _____ Independent in toileting

Dressing

- _____ Cooperates in dressing by extending arm or leg
- _____ Can take off socks
- _____ Tries to put on shoes
- _____ Pulls on simple garments, finds large armholes and thrusts arms into them
- _____ Can remove shoes if laces are untied
- _____ Removes pull-down pants
- _____ Puts on socks with some difficulty in turning heel
- _____ Puts on underpants and slacks
- _____ Zips and unzips jacket
- _____ Snaps/hooks clothing in front
- _____ Buttons and unbuttons medium sized buttons
- _____ Puts on socks with heel placement
- _____ puts on shoes with little assistance
- _____ Dresses and undresses if lightly supervised
- _____ Distinguishes front and back of clothes and puts on correctly
- _____ Ties shoe laces
- _____ Independent in dressing

Hygiene

- _____ Washes and dries hands
- _____ Brushes teeth
- _____ Combs and brushes hair
- _____ Independent in hygiene skills

Comments/Concerns: _____
