

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: HEALTH****DAILY LIVING SKILLS****GOAL 22: CHILDREN PRACTICE BASIC PERSONAL CARE ROUTINES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
16 to 38 Months	Participate in meeting personal care needs.	<ul style="list-style-type: none"> ▪ Shows through gestures, expressions, body language, or words that they need to urinate or have a bowel movement. ▪ Feeds self with spoon, without assistance. ▪ Washes hands, with assistance. ▪ Demonstrates interest in changing clothes when wet or muddy. ▪ Participates in putting on shoes and socks. ▪ Dresses and undresses completely, with assistance. ▪ Uses personal care objects correctly and regularly, sometimes with assistance (drinks from open cup, brushes hair, brushes teeth). ▪ Participates in sleeping routines such as getting and arranging their bedtime comfort items. 	<ul style="list-style-type: none"> ▪ Provide opportunities for child to participate in personal care (e.g. choose clothes to wear, use toothbrush, and for older toddlers, dress self using very basic closures). ▪ Provide opportunities for child to be responsible for personal belongings (e.g. hanging up own jacket, placing shoes in a bin, putting artwork in the cubby). ▪ Provide easy on/off clothing to allow child a chance to practice personal care. ▪ Read with child and practice other calming routines at naptime and bedtime. ▪ Be aware of culturally-based personal care strategies used by families to promote interdependence. ▪ Use child sized feeding utensils, small pitchers and serving bowls, so children can practice serving themselves.