

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: HEALTH****DAILY LIVING SKILLS****GOAL 23: CHILDREN DEMONSTRATE PERSONAL HEALTH AND HYGIENE SKILLS.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
16 to 38 Months	Show some awareness of personal health and hygiene skills.	<ul style="list-style-type: none"> ▪ Indicates wet or soiled diaper by pointing, vocalizing, or pulling at diaper, when prompted. ▪ Shows interest in toilet training and begins to use toilet regularly by 36 months, with assistance. ▪ Participates in bathroom routines. ▪ Washes and dries hands at appropriate times, with minimal assistance (after diapering/toileting, before meals, after blowing nose). ▪ Uses tissue to wipe nose, with assistance. ▪ Communicates with caregiver when feeling uncomfortable or un-well. ▪ Cooperates and assists with tooth brushing. ▪ Begins to choose appropriate amounts of food to put on plate. ▪ Can serve self from small pitchers and bowls. 	<ul style="list-style-type: none"> ▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about development. ▪ Use a systematic approach to record keeping concerning the child's health. ▪ Provide ongoing dental care for child. ▪ Model and practice proper hand washing and drying. ▪ Provide necessary hand washing assistance to include liquid soap, running water, and disposable towel. ▪ Support child's efforts in toileting, brushing teeth, bathing. ▪ Offer space and child-sized utensils to support personal hygiene as children learn to eat hygienically. ▪ Show child how to cleaning self; acknowledge child when he/she does self-care. ▪ Talk with child about health rules (cover mouth when coughing; throw away soiled tissues in wastebasket). ▪ Model words to describe symptoms of illness ("I feel hot today." "My tummy is full." "I cut my finger. It stings."). ▪ Have a set of clean clothes always ready for child to change into. ▪ Use sunscreen to protect skin from sunburn, and sunglasses and hats to shield eyes.