

## 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
<p><b>36 to 60 Months</b></p>	<p>Demonstrate independence in personal hygiene skills.</p>	<ul style="list-style-type: none"> <li>▪ Takes care of own toileting needs.</li> <li>▪ Washes and dries hands before eating and after toileting, without assistance.</li> <li>▪ Cooperates and assists caregiver with tooth brushing.</li> <li>▪ Identifies health products (shampoo, toothpaste, soap).</li> <li>▪ Covers mouth and nose when coughing and sneezing with elbow or tissue.</li> <li>▪ Uses tissue to wipe own nose and throws tissue in wastebasket.</li> <li>▪ Recognizes and communicates when experiencing symptoms of illness.</li> <li>▪ Cooperates and participates in care for acute and chronic illness (takes medicine, with assistance).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about development.</li> <li>▪ Use a systematic approach to record keeping concerning the child's health. Provide ongoing dental care for child.</li> <li>▪ Establish hand washing routines (wash hands using liquid soap, running water, and disposable towels) for appropriate times throughout the day (on arrival, after handling pets, before and after eating, after toileting and blowing nose, after outdoor play).</li> <li>▪ Provide opportunities for child to select personal hygiene items for self and others (select own toothbrush, washcloth).</li> <li>▪ Make a place for child's personal grooming.</li> <li>▪ Provide child with enough time to take care of personal hygiene.</li> <li>▪ Provide opportunities for child to interact with health care workers (dentist, nurse, health aide, doctor).</li> <li>▪ Use sunscreen to protect skin from sunburn, and sunglasses and hats to shield eyes.</li> </ul>