

**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
6 to 18 Months	Participate in routines to meet basic personal needs.	<ul style="list-style-type: none"> <li>▪ Indicates needs and wants such as hunger or sleep.</li> <li>▪ Assists caregiver with holding bottle; later grasps a cup.</li> <li>▪ Begins self-feed soft, easily dissolvable foods, using fingers.</li> <li>▪ May indicate when in need of diaper change.</li> <li>▪ May assist adult when undressing, dressing, and diapering.</li> <li>▪ Removes loose clothing (socks, hats, mittens).</li> <li>▪ Holds own cup when drinking.</li> <li>▪ Begins to use a spoon.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Respond positively and promptly when child indicates need (need for food, diaper change, blanket).</li> <li>▪ Provide safe finger foods for child to self-feed.</li> <li>▪ Wash your hands and child's hands frequently to help prevent the spread of colds and viruses.</li> <li>▪ Provide oral health care (brushing teeth and gums).</li> <li>▪ Encourage child to assist with daily personal care (pull down and pull up pants, brush teeth, and dress self).</li> <li>▪ Provide child-sized eating utensils and cups; and provide opportunities for older child to make selections from foods offered and feed self.</li> <li>▪ Provide older babies with a consistent bedtime routine for both evening and naptimes.</li> <li>▪ Help the child learn words that help them participate in physical routines (e.g. ask child if she is finished with the meal before removing bib and cue her to pull the bib away from her body, cue child to hold up his foot as you put on his shoes, or talk with child about putting his arms in the coat on a cool day).</li> <li>▪ Model basic personal care routines.</li> </ul>