

**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
6 to 18 Months	Anticipate, respond, and participate in basic hygiene tasks, with assistance.	<ul style="list-style-type: none"> <li>▪ Indicates needs and wants such as hunger, fatigue, a soiled diaper, or discomfort.</li> <li>▪ Displays an awareness of hand washing routine and allows hands to be washed.</li> <li>▪ Vocalizes needs and wants such as hunger, fatigue, a soiled diaper, or discomfort.</li> <li>▪ Participates in hand washing routine.</li> <li>▪ Begins to brush gums and teeth, with assistance.</li> <li>▪ Participates in bath time routines.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about child development.</li> <li>▪ Use a systematic record keeping system to document child's personal health.</li> <li>▪ Provide ongoing dental care for child.</li> <li>▪ Understand and recognize typical signs of illness or discomfort in child and respond appropriately, seeking assistance as needed (e.g. teething, earache, diaper rash, diarrhea).</li> <li>▪ Provide hand washing at appropriate times. Hands can be washed with a damp paper towel and a drop of soap then wiped dry with a paper towel before and after eating and after diapering, crawling across floors, or as appropriate.</li> <li>▪ Establish hygiene routines and model them (washing hands before eating, brushing teeth).</li> <li>▪ Provide necessary hand washing assistance (wash hands using liquid soap, running water, and disposable towels).</li> <li>▪ Use sunscreen to protect skin from sunburn, hats and sunglasses to protect eyes.</li> </ul>