

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
60 Months through Kindergarten	Independently initiate and carry out personal care routines.	<ul style="list-style-type: none"> ▪ Uses fork, spoon, and a blunt table knife. ▪ Pours liquids easily, with minimal spills. ▪ Dresses and undresses in easy pull-on clothes and using basic closures, without assistance. ▪ Ties single knot in shoelaces, with assistance. ▪ Brushes and combs hair. ▪ Independently toilets. ▪ Helps select clothes appropriate for the weather. 	<ul style="list-style-type: none"> ▪ Talk with child about the health benefits of positive personal care routines. ▪ Provide repeated opportunities for child to practice personal care such as dressing, brushing hair, and brushing teeth. ▪ As appropriate, provide opportunities for child to take responsibility for own special personal care (eyeglasses, hearing aids). ▪ Provide opportunities to model care routines with dolls or other toys. ▪ Offer opportunities for child to prepare food, and to clean up bowls and dishes after eating. ▪ Describe personal responsibility skills needed for practicing good hygiene as children share bathrooms, wash hands, and eat together.