

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
Birth through 8 Months	Begin to develop an awareness of basic physical needs related to personal care.	<ul style="list-style-type: none"> ▪ Indicates needs and wants such as sleep or discomfort from heat or cold. ▪ Indicates anticipation of feeding on seeing the breast or bottle. ▪ Demonstrates increasing ability to self-soothe and fall asleep. ▪ Shows feelings of hunger and fullness in feeding routines. ▪ Indicates preference towards known caregiver. 	<ul style="list-style-type: none"> ▪ Read child's cues to offer positive and prompt response when a child indicates need (need for food, diaper change, blanket), rather than scheduling caregiving. ▪ Provide child with a safe and comfortable sleeping environment. ▪ Wash your hands and child's hands frequently to help prevent the spread of colds and viruses. ▪ Use routines around feeding, waking, and playing, and respond to the child's cues as you carry out the routines.