

Milestones of development

Self-Care Skills

8 months	I can feed myself using my fingers e.g. rice cakes, cucumber stick
12 months	I can help to pull of simple clothing and reach my arms and legs out to help with dressing
12 - 18 months	I can hold my own cup and drink (with some spilling). I can feed myself using a spoon (with some spilling), remove my own socks and put my own hat on my head.
18monthths – 2 yrs	I can feed myself using a fork and spoon
29 mths (2 ½)	I can now undress myself and only need help for fasteners
2yrs 11mths	I can now dress myself but will need help with fasteners
3 ½yrs	I can put my shoes on the correct feet
3yrs 7mths	I can brush my teeth with an up an down and side to side motion.
4years 3mths	I can dress and undress when asked without much help
4years 6mths	I can hold a knife and fork or a fork and spoon to eat my food
5-6 yrs	I can use a knife and fork to cut my food but may need help to cut foods that are tougher
5-6 yrs	I can open my lunch box, and food packaging .
6-7yrs	I can shower without help. I can pack my school bag with a bit of help. I can start to make simple meals such as cereal in the morning.
7-8yrs	I can make a sandwich
8-9yrs	I can follow a recipe to make a simple meal with adult supervision. I can take care of my personal hygiene without been prompted.



**Lancashire &
South Cumbria**
NHS Foundation Trust

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