



Children's Self Care Development

Age	DRESSING <i>Children can ...</i>	TOILETING <i>Children can ...</i>
2 years	★ Hold out arm to put sleeve in top ★ Pull off socks	★ Gesture toilet needs ★ Often indicate if pants are wet
3 years	★ Find arm hole ★ Fasten one large button ★ Help to pull down pants ★ Remove shoes	★ Sit on the toilet seat ★ Maintain daytime bladder control ★ Show good bowel control
4 years	★ Attempt to tie shoelace ★ Fasten and unfasten some buttons ★ Open a zipper ★ Unbuckle belt or sandals ★ Take off and put on garments with some help ★ Pull down pants	★ Undress with support for toilet ★ Wash and dry hands without help ★ Rub hands together under water ★ Attempt to wipe self
5 years	★ Independently put on socks ★ Close a zipper ★ Distinguish back from front ★ Turn clothes inside out ★ Put on and take off clothes with little help	★ Throw paper towel in rubbish bin ★ Tear toilet paper and flush after use ★ Tell difference between bowel movement and urination ★ Undress self without assistance ★ Go to toilet at regular intervals when necessary
6 years	★ Dress and undress independently ★ Put clothes on over top of head ★ Put shoes on correct feet ★ Tie shoe laces and buckles	★ Toilet and wipe independently ★ Flush toilet appropriately ★ Wash hands independently

Use this chart as a guide to understanding your child's self care development.