Learning to Do Things On TheirOwn

Can Be Fun!

1. **It doesn’t take long for children to express their need to do things on their own.** Little by little they will learn to take care of their own needs.

2. **Although each child is different and develops at his/her own rate, there are some broad guidelines that describe what children learn to do when, typically, a child…**
   - Learns the importance of trust, approval, and expressing wants and dislikes between 0-12 months of age.
   - Makes wants and needs known, for example, by pointing to things that are wanted. Depends on others to satisfy needs around 15 months of age.
   - Begins to want to do things without help, learns to recognize own feelings near 18 months of age.
   - Tests limits of independence; parents seen as separate from self; fears develop around 2 years of age.
   - Independent in dressing and toileting; proud of abilities; takes initiative in picking out toys and friends around 3 years of age.

3. **It is important for you to encourage your child to learn new things and to give lots of praise when new things are learned, even if it isn’t done exactly right.**

4. **Talk with a doctor, therapist, or teacher if you have any concerns about your child’s abilities to do things for himself or herself.**

5. **See reverse side for a “Skills for Dressing” checklist** to help your child learn to dress himself or herself and increase his/her independence.
Skills for Dressing

- Takes clothes off
- Takes shoes and socks off
- Picks out clothes
- Chooses clothes based on weather
- Puts on clothing with help
- Puts on clothing independently
- Puts on shoes with help
- Puts on shoes independently
- Buttons/snaps shirts or pants
- Opens or closes a zipper
- Uses assistive devices to put on clothes
- Knows when to change out of soiled clothes
- Knows to put on clean clothing each day
- Puts dirty clothes in the right place

We're here to help. To learn more about UIC-Specialized Care for Children’s programs and services, check out our website at: dsc.c.uic.edu or like us on facebook.com/dscc.uic.edu