

Learning to Do Things On Their Own



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:

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