

Completes personal care tasks without help.

(washing hands, dressing, toileting, etc.)



Activity: Encourage your toddler to try dressing herself. Take time to let her button her buttons or zip her own zippers. Help her learn how to put her shoes on the correct feet.

Why: It will take longer, but practice is the only way to learn how to put on and take off their own clothes. This also encourages a sense of independence and confidence in toddlers.

Activity: Let your toddler straighten his own clothes and wash his own hands after using the restroom. Explain why we wash our hands as you make sure he uses soap and gives his hands a good scrub. Make up a silly song to sing as he washes!

Why: Understanding why we do certain tasks helps us remember to do them, and singing songs makes it fun instead of a chore!

