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LIFE SKILLS CHECK LIST: AGES 3-4 YEARS

Child:

Date:

Age:

Please complete this check list to help identify areas of strength and concern for your child.

Independent: Child completes task by him/herself, including set-up.

Min. Assist: Child completes 75% of task. May need help setting up, orienting clothes, etc.

Mod. Assist: Child completes 50% of the task and adults complete 50%. i.e.: adult helps the child get his/her legs into pants, then child pulls up.

Max. Assist: Child completes 25% of task. i.e.: adult orients pants, child pushes his/her leg into the pant, then adult helps to pull them up.

Dependent: The child requires adult help for all steps of the task.

Un-Dressing	Independent	Min Assist	Mod. Assist	Max. Assist	Dependent
Socks					
Shoes					
Underwear					
Pants					
Shirt					
Jacket					
Hat					
Gloves/Mittens					
Other:					

What type of clothing does your child wear? (Elastic waist pants, snaps, t-shirts, button down shirts etc.)

Dressing	Independent	Min Assist	Mod. Assist	Max. Assist	Dependent
Socks					
Shoes					
Underwear					
Pants					
Shirt					
Jacket					
Hat					
Gloves/Mittens					
Other:					

Fasteners	Independent	Min. assist	Mod. assist	Max assist	dependent
Zippers					
Buttons					
Snaps					
Hooks					
Tie Shoes					
Other:					

Comments: _____

Self-care	Independent	Min. assist	Mod. assist	Max assist	dependent
Washes hands					
Washes upper body					
Washes lower body					
Washes hair					
Brushes hair					
Brushes teeth					

Comments: _____

Toileting	Less than other children	Equal to other children	Slightly more than children	Much more than children
Needs reminders to use the bathroom				
Goes to the bathroom independently				
Needs help with clothing				
Needs help wiping or getting toilet paper				
Needs reminders to wash hands and flush				

Comments: _____

Play/Social	Less than other children	Equal to other children	Slightly more than children	Much more than children
Enjoys trying new games				
Imitates adults in their life (i.e. Mom and Dad)				
Able to be creative or "play pretend"				
More interested in peer play than independent				
Plays simple cooperative games with others (i.e. tag, or chase)				
Able to draw a person with up to 4 body parts				
Can play simple board or card games				

Comments: _____

Feeding/Eating	Independent	Min. assist	Mod. assist	Max assist
Eats a wide variety of textures (i.e. meats, purees, fried foods, whole fruits) with supervision				
Eats with a spoon and fork				
Drinks from an open cup without assistance				
Opens simple containers (i.e. Ziploc bags, Tupperware, chip bags)				
Sits at table with family for mealtime				

Comments: _____
