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### LIFE SKILLS CHECK LIST: AGES BIRTH – 1 YEAR

Child: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

Please use the following scale to describe your child's behavior:

- 1 – Not present or observed
- 2 – Emerging
- 3 – Achieved

1. Rolls over front to back	1	2	3
2. Rolls over back to front	1	2	3
3. Keeps head up when placed on belly	1	2	3
4. Sits with support	1	2	3
5. Sits independently	1	2	3
6. Pulls self to sit without assistance	1	2	3

Please describe the position your child sits in most frequently

- Ring Sitting
- "W" Sitting
- Side Sitting

Comments: \_\_\_\_\_

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Please use the following scale to describe your child's behavior:

- 1 – Not present or observed
- 2 – Emerging
- 3 – Achieved

1. Crawls on hands and knees	1	2	3
2. Crawls toward preferred objects	1	2	3
3. Crawls to explore environment	1	2	3

OT Life Skills checklist

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Child: \_\_\_\_\_

- |  |   |   |   |
|--|---|---|---|
| 4. Pulls self to stand   | 1 | 2 | 3 |
| 5. "Cruises" or walks with assistance or furniture for support | 1 | 2 | 3 |
| 6. Attempts to walk without support                            | 1 | 2 | 3 |

If your child crawls, please describe the type of crawling (i.e. commando/army, belly crawl, hands and knees)

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<b>Play/Social</b>	<b>Less than other children</b>	<b>Equal to other children</b>	<b>Slightly more than children</b>	<b>Much more than children</b>
Plays motion games (i.e. patty cake, peek-a-boo)				
Imitates movements of preferred caregivers				
Explores toys by dropping them				
Explores toys with hands and mouth				
Visually attends to adults				
Beginning to show simple emotions (happy or sad)				

Comments: \_\_\_\_\_

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<b>Eating</b>	<b>Less than other children</b>	<b>Equal to other children</b>	<b>Slightly more than children</b>	<b>Much more than children</b>
Able to latch onto a bottle and drink without large amount of liquid loss				
Consumes rice cereal or soft pureed baby foods				
Has lip closure with spoon feeding from adult				
Maintains lip closure when swallowing soft or pureed foods				
Eats mashed table foods				

Can drink from a sippy cup				
Can drink through a straw				

Comments: \_\_\_\_\_  
 \_\_\_\_\_

<b>Feeding</b>	<b>Less than other children</b>	<b>Equal to other children</b>	<b>Slightly more than children</b>	<b>Much more than children</b>
Holds the bottle independently				
Begins to self-feed small pieces of food (i.e. Cheerios)				
Enjoys messy play with food				

Comments: \_\_\_\_\_  
 \_\_\_\_\_