



Advanced Therapy Solutions

LIFE SKILLS CHECK LIST: AGES 4-5 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
Goes to the bathroom independently				
Able to wipe, manage clothing, wash hands and flush independently				
Needs reminders to use bathroom when in new situations or before transitions				

Comments: _____

Play/Social	Less than other children	Equal to other children	Slightly more than children	Much more than children
Plays cooperatively in groups of 2-3				
Takes turns				
Uses themes from life to create play (i.e. favorite movies or TV shows)				
Able to entertain self when prompted				
Understands simple humor				

Makes comparisons or references to peers				
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Comments: _____

Feeding/Eating	Independent	Min. assist	Mod. assist	Max assist
Drinks from a variety of open cups without spilling				
Eats with fork and spoon				
Opens more complex containers (juice boxes, granola bars)				
Gets self a snack or drink from easily accessible places (pantry or fridge)				
Aware when food is on face or hands				
Cleans up mess following meal with prompts				

Comments: _____

