



Self-Help Skills Milestones

These milestones are provided as examples of what an average child might accomplish within various age brackets. This is only meant as a guide. If you have concerns, contact your child's pediatrician or schedule a free screening with PhysioKids.

Birth to 3 months:

- Opens mouth to bottle
- Gag Reflex present
- Brings finger or fist to mouth

3 to 6 months:

- Reaches for bottle
- Eats baby food from a spoon

6-9 months:

- Feeds self cracker
- Holds bottle with two hands
- Holds cup with two hands

9-12 months:

- Drinks with assistance from open cup
- Feeds self finger foods
- Holds out arms and legs while being dressed
- Takes sock off
- Cries when parent leaves
- Plays alone for short periods
- Seeks adult for help

1-1 ½ years olds:

- Uses spoon with some spilling
- Drinks from cup with one hand unassisted
- Chews food
- Removes shoes, socks, pants and shirt

1 ½ - 2 years old:

- Unzips large zipper
- Uses spoon/fork without assistance

2-3 years old:

- Uses spoon with little spilling
- Opens door by turning handle
- Takes coat off
- Washes and dries hands with assistance
- Puts toys away
- Anticipates daily activities
- Uses toilet appropriately

3-4 years old:

- Zips coat
- Dresses and undresses without assistance
- Puts on shoes and complete the shoe fastener of Velcro
- Cutting with scissors circles, squares

4 – 5 years old:

- Brushes teeth and combs hair
- Blows nose independently
- Eats with spoon and fork
- Stays dry overnight
- Organizes own play
- Completes activity not waiting for praise or adult assistance