

Daily Living Activities/Adaptive/Self Help Feeding and Eating Skills

Age in Months	Typical Development	When to Seek Help
0 - 1	<ul style="list-style-type: none"> Opens mouth when touched by bottle or breast Sucks liquid Coordinates sucking, swallowing, breathing 	<ul style="list-style-type: none"> Difficulty sucking, swallowing Not able to coordinate sucking, swallowing, breathing
2	<ul style="list-style-type: none"> Recognizes bottle or breast 	
3 - 4	<ul style="list-style-type: none"> Reaches/pats for bottle or breast Integration of rooting reflex/biting reflex 	<ul style="list-style-type: none"> Won't hold bottle Won't give up bottle
5 - 6	<ul style="list-style-type: none"> Holds bottle with help/independently Feeds self cracker Mouths/gums teething biscuits 	<ul style="list-style-type: none"> Problems with chewing Problems with biting Problems with lip closure
7 - 9	<ul style="list-style-type: none"> Picks up a spoon Feeds self with fingers Drinks from cup when held by adult 	<ul style="list-style-type: none"> Stuffs food Tongue thrust present after 3 months Difficulty with coordination/grasp when using spoon, scooping food
10 - 11	<ul style="list-style-type: none"> Bangs spoon Swallows with closed mouth Eats mashed table food Bites/chews cracker 	<ul style="list-style-type: none"> Poor posture when eating Throws head back when drinking
12-15	<ul style="list-style-type: none"> Scoops food, brings to mouth turning upside down (many spills) Chews well Drinks from a straw Drinks from cup (usually sippy cup) 	<ul style="list-style-type: none"> Choking/gagging Stops eating/loses weight Excessive drooling Not a good seal on bottle Losing liquid when drinking from cup
16 - 18	<ul style="list-style-type: none"> Does not turn spoon over anymore 	
19 - 24	<ul style="list-style-type: none"> Decreased spilling with spoon use Holds cup with one hand 	<ul style="list-style-type: none"> Poor manipulation of food in mouth
25 - 30	<ul style="list-style-type: none"> Begins to use fork Can pour liquid from small container 	<ul style="list-style-type: none"> Swallowing food whole

Dressing Skills

Age in Months	Typical Development	When to Seek Help
8 - 9	<ul style="list-style-type: none"> Cooperates passively 	<ul style="list-style-type: none"> When child gets greatly upset during dressing/undressing
10 - 12	<ul style="list-style-type: none"> Holds arms and legs out while being dressed 	<ul style="list-style-type: none"> When child shows no interest in independence
13 - 15	<ul style="list-style-type: none"> Pulls off hat, socks, mittens on request Moves limbs appropriately in response to dressing/diapering 	<ul style="list-style-type: none"> When it is difficult to move the child's extremities during dressing (too tight)
16-18	<ul style="list-style-type: none"> Assists in all dressing by pushing/pulling extremities Pulls off untied shoes Puts hat on head 	<ul style="list-style-type: none"> When it is too easy to move the child's extremities (too loose)
19 - 24	<ul style="list-style-type: none"> Zips/unzips large zipper Takes off coat/shirt when unbuttoned Takes off pants when unfastened Attempts to put shoes on 	<ul style="list-style-type: none"> Problems/difficulty with manipulating fasteners
25 - 31	<ul style="list-style-type: none"> Puts on simple clothes without assistance Pulls pants up Dresses self with assistance Buttons large buttons 	
32-36	<ul style="list-style-type: none"> Undoes buttons, snaps, shoelaces deliberately Puts on coat, dress, t-shirt 	