

Milestones for Self-Help Activities

Listed below are some average milestones that children accomplish in various age brackets. All children develop at their own pace, so this is only meant as a guide, but if you have concerns about your child's development please see your Pediatrician.

0-3 Months

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

3-6 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 socks off
- Cries when parent leaves
- Plays alone for short periods
- Seeks adult for help

1-1.5 Years

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

1.5-2 Years

- Unzips large zipper
- Uses spoon/fork without assistance

2-3 Years

- 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 paper appropriately

3-4 Years

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

4-5 Years

- Brushes teeth and combs hair
- Blows nose independently
- Eats with spoon and fork
- No accidents overnight
- Organizes own play
- Completes activity waiting for praise or adult assistance