

Adaptive Development: Self-Help

Recording Symbols

- ☐ Not administered
- ☐ Administered but did not receive credit
- ☒ Received credit

Names of Students	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

F-1 Eating and Drinking (page 214)

^{0m} 1. Sucks well forming a tight seal around the nipple when sucking																									
2. Opens mouth in anticipation of feeding																									
3. Brings hands to mouth ^{4m}																									
4. Swallows soft or pureed food																									
5. Opens mouth as spoon with soft or pureed food is presented																									
6. Refuses excess food																									
7. Uses tongue to move pureed food within mouth																									
8. Uses lips to take food off a spoon																									
9. Holds a bottle or learning cup independently ^{9m}																									
10. Munches or mouths solid food																									
11. Chews, but without a rotary or grinding motion																									
12. Chews and swallows semisolid food																									
13. Feeds self a cracker																									
14. Drinks from an open cup held by an adult ^{12m}																									
15. Picks up and feeds self small finger foods																									
16. Chews with a rotary or grinding motion																									
17. Chews and swallows solid food																									
18. Asks for more of a specific food																									

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F-1 Eating and Drinking cont'd (page 216)																									
19. Lifts an open cup or glass from the table to drink																									
20. Holds an open cup with both hands and drinks with some assistance																									
21. Returns an open cup to the table after drinking ^{15m}																									
22. Manipulates a spoon to scoop food																									
23. Takes a spoon from the dish to their mouth, with some spilling																									
24. Drinks from a straw																									
25. Holds an open cup with one hand and drinks																									
26. Chews with ease and a rotary motion																									
27. Places a spoon in their mouth without turning it upside down with moderate spilling																									
28. Asks for food when hungry ^{2y6m}																									
29. Places a spoon in their mouth without turning it upside down, with minimal spilling																									
30. Eats with a spoon without spilling ^{3y6m}																									
31. Eats with a fork, perhaps by holding it in their fist																									
32. Uses the side of a fork for cutting soft food																									
33. Uses a napkin ^{5y}																									
34. Holds a fork with their fingers (not in fist)																									
35. Uses a knife for spreading																									
36. Uses a knife for cutting soft foods ^{6y}																									

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F-2 Undressing (page 218)																									
^{12m} 1. Removes socks																									
2. Cooperates in undressing ^{15m}																									
3. Assists in undressing																									
4. Unzips a front non-separating zipper ^{2y}																									
5. Removes an unbuttoned or unzipped coat																									
6. Removes an unbuttoned shirt																									
7. Removes pants, shorts, or skirts ^{2y6m}																									
8. Unfastens a hook-and-loop closure (e.g., VELCRO® brand fastener*)																									
9. Unbuttons front buttons ^{3y}																									
10. Unsnaps front snaps																									
11. Undresses self, but may need help with pullover clothing																									
12. Unzips a front separating zipper ^{4y}																									
13. Removes some pullover clothing																									
14. Removes more difficult pullover clothing ^{5y}																									

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F-3 Dressing (page 220)																									
^{12m} 1. Cooperates in dressing ^{15m}																									
2. Assists in dressing ^{2y}																									
3. Fastens a hook-and-loop closure (e.g., VELCRO® brand fastener*)																									
4. Puts on a front-opening garment positioned so that arms can be placed into the correct sleeves ^{2y6m}																									
5. Puts on a short-sleeved shirt that opens down the front																									
6. Puts on a long-sleeved coat or shirt that opens down the front																									
7. Puts on pants, shorts, or skirts ^{3y6m}																									
8. Zips a front non-separating zipper																									
9. Buttons large front buttons																									
10. Snaps front snaps																									
11. Puts on socks ^{4y}																									
12. Dresses with little help except with difficult fasteners (sometimes clothes may be on backward)																									
13. Buttons small front buttons																									
14. Buckles a belt or shoes																									
15. Dresses independently except for help with difficult fasteners ^{5y}																									
16. Zips a front separating zipper																									
17. Dresses completely, putting on all clothes correctly and fastening all fasteners except for tying shoelaces																									
18. Ties shoes																									
19. Dresses completely, putting on all clothes correctly and fastening all fasteners including tying shoelaces ^{6y6m}																									

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F-4 Shoe Skills (page 222)																									
^{18m} 1. Removes shoes ^{2y}																									
2. Unties a bow																									
3. Puts on shoes, perhaps on the wrong feet ^{3y}																									
4. Ties an overhand knot, perhaps loosely																									
5. Puts each shoe on the correct foot ^{5y}																									
6. Straightens the tongue of the shoe																									
7. Ties an overhand knot tightly																									
8. Ties a single bow knot with assistance																									
9. Ties a single bow knot independently, perhaps loosely																									
10. Ties shoes independently and tightly ^{6y6m}																									

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F-5 Toileting (page 224)

^{12m} 1. Is usually dry after a nap																									
2. Indicates wet or soiled diaper or pants																									
3. Seeks privacy for a bowel movement ^{18m}																									
4. Begins to anticipate and communicate toileting needs																									
5. Anticipates and verbalizes/communicates toileting needs fairly consistently																									
6. Gets on the toilet independently, but may need help with clothing																									
7. Flushes the toilet ^{3y}																									
8. Has bladder control most of the time																									
9. Has bowel control most of the time																									
10. Distinguishes between urinating and having a bowel movement and communicates each need differently																									
11. Consistently uses toilet for toileting needs																									
12. Manipulates clothing before toileting																									
13. Attempts to wipe self																									
14. Recognizes and acts on toileting needs																									
15. Wipes self with assistance																									
16. Manages clothing independently when toileting																									
17. Wipes self independently ^{4y}																									
18. Cares for toileting needs independently, without being asked ^{4y6m}																									

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F-6 Personal Hygiene (page 226)

^{15m} 1. Cooperates in drying hands																									
2. Cooperates in washing hands ^{18m}																									
3. Allows nose to be wiped without resistance ^{2y}																									
4. Dries hands with some assistance																									
5. Washes hands with some assistance ^{2y6m}																									
6. Dries hands independently																									
7. Blows or wipes nose when asked to do so ^{3y}																									
8. Turns the faucet on and off independently																									
9. Adjusts the water temperature																									
10. Washes hands independently ^{4y6m}																									
11. Blows or wipes nose independently																									
12. Covers mouth and nose when coughing and sneezing ^{6y}																									

F-7 Self-Care Skills (page 228)

^{2y} 1. Begins brushing teeth, but may need a lot of assistance																									
2. Dries face with assistance ^{3y}																									
3. Brushes teeth with some assistance																									
4. Rinses mouth and expels water																									
5. Washes face with assistance																									
6. Dries face independently ^{4y}																									
7. Washes face independently																									
8. Dries off independently after bathing																									
9. Bathes with assistance ^{5y}																									
10. Brushes teeth independently																									
11. Bathes independently ^{6y}																									