

TODDLER SELF HELP SKILLS

In The Kitchen

- Wash spoons in the sink
- Wash firm veggies and fruits in the sink
- Wipe down the counter
- Use a nylon, kid-safe knife on soft fruits and veggies
- Pour ingredients into mixing bowls
- Stir batters or mixes when appropriate
- Assist with simple meals
- Pull clean dishes from dishwasher
- Close fridge/freezer doors when asked
- Wipe lower cabinet handles
- Sweep with a hand broom
- Wipe up spills & put trash in the wastebasket
- Fetch a new trash bag
- Help un-bag groceries

In Their Bedroom

- Take off shorts & shirts
- Sort day clothes from pajamas
- Remove clothes from hangers when getting dressed
- Put dirty clothes in the laundry hamper
- Place empty hangers on the rod (not on the floor)
- Put toys and books away
- Straighten pillows & blankets
- Clean up stuffed animals
- Turn off lights when exiting (may need stool)

In The Living Room

- Clean up books and toys
- Straighten couch pillows
- Dust/wipe down tables
- Stack magazines or coffee table books
- Clean up dirty cups/dishes from living room
- Place remotes in designated spot
- Use a dust-buster or small vacuum

With The Laundry

- Place all dirty clothes in the hamper
- Help remove dry clothes from the dryer
- Fold clean washcloths
- Fold clean dish or hand towels (may need assistance)
- Match socks
- Place folded clothes in baskets or drawer
- Fetch empty hangers from their closet

At The Dining Table

- Set the table & straighten chairs
- Hand out napkins
- Scoop food from family-style bowls
- Open slider Ziplock baggies
- Feed themselves with a kid spoon or fork
- Pour a glass of water or juice
- Scrape dirty plates into the trash
- Put dishes in the sink (or on counter)
- Say grace or the blessing
- Wipe down the table
- Wipe their own mouth

In The Bathroom

- Wash hands & hang hand towels
- Replace toilet paper (may need assistance)
- Clean up bath toys
- Open soap bottle tops & wash body
- Wipe down counter & cabinet handles
- Brush their own hair & teeth (with assistance)
- Wash their own face (with assistance)
- Place dirty clothes in the hamper or laundry chute
- Hang up their own towel
- Put lotion on their own skin (with assistance)

Outdoors

- Water plants with the hose or watering can
- Fill pets water bowl
- Pick up yard toys
- Pull weeds, pick up rocks and sticks
- Plant seeds or seedlings
- Spread grass seed & mulch (organic / non-toxic)
- Rake up leaves & shovel snow
- Spread kid and pet safe ice melt in the winter
- Remove shoes when they come in
- Hang up jacket or coat on a designated hook
- Put on their own hat and mittens

In The Car

- Pick up toys they bring in the car
- Clean up any food or snack wrappers
- Help brush snow off the car & vacuum out the car
- Wipe down dashboard and steering wheel
- Buckle the top buckle of their 5-point harness