**The List!**

**Write down everything that you did for your child today or prompted them to do.**

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**What are some of the critical skills for independence?**

# Dressing

1. Pants up and down
2. Shoes on and off
3. Pullover shirts on and off
4. Buttoned shirts on and off
5. Pants on and off
6. Socks on and off
7. Coat on and off
8. Tie/fasten shoes
9. Unzip zipper/Fasten Zipper/Use zipper on clothes
10. Fasten buttons
11. Use snaps
12. Use buckles
13. Pick out clothes/wear different clothes daily
14. Learn to work around sensory differences with dress codes at school/work
15. Observe what other students are wearing and decide if they want to wear similar clothing or not/understanding the consequences of this choice

# Eating

1. Eat finger foods
2. Drink from a straw/Drink from a sippy cup/Drink from a regular cup
3. Feed self with a spoon or fork
4. Spread with a knife
5. Pour liquid into a cup
6. Cut food with a knife
7. Sit at a restaurant
8. Choose food at a restaurant
9. Order food at a restaurant (acknowledge server, speak loudly enough, say please and thank you)
10. Pay for the food/leave tip
11. Take prepared food to the table
12. Clean-up table after meals
13. Keep eating areas clean
14. Put dishes in the dishwasher/wash dishes by hand, dry and put up.

**Washing Hands**

1. Turn on water
2. Use soap
3. Rub hands together
4. Turn off water
5. Dry hands
6. Be able to tolerate automatic soap/water/flushing/drying or have a replacement strategy

# Toothbrushing

1. Tolerate an adult brushing teeth/brush teeth themselves randomly
2. Put toothpaste on brush
3. Take cap on and off
4. Turn water on
5. Rinse mouth
6. Put up brush and toothpaste
7. Dry hands and mouth
8. Brush teeth independently
9. Brush teeth as part of morning and evening routine without adult reminders
10. Recognize other times teeth may need to be brushed
11. Call dentist/regular cleanings and check ups

# Wash and Dry Face

1. Turn on water
2. Put water on face with hands or washcloths
3. Retrieve towel
4. Dry face

**Hair Care**

1. Tolerate comb/brush
2. Use a comb/brush
3. Allow shampooing/Assisting with shampooing/Shampoo hair independently
4. Tolerate blow dryer/Assist with blow dryer/Blow dry hair independently
5. Tolerate hair cut/Recognize need for hair cut/Schedule hair cut

# Toilet Training

1. Sit on the toilet
2. Urinate in toilet
3. Urinate on a schedule
4. Remain dry on a schedule
5. Independently use familiar restroom for urination
6. Request to use toilet when needed
7. Wipe self after urinating (girls)
8. Bowel movements in toilet
9. Keep underwear clean of BM on a schedule
10. Wipe self after BM
11. Independently use familiar restroom for BM
12. Use restroom without assistance

# Bathing

1. Tolerate water of the tub or shower
2. Tolerate bathing/Assist with bathing
3. Rinse soap off
4. Dry self with towel
5. Bathe/shower independently
6. Turn on/monitor temperature of water

# Fixing Breakfast

1. Get needed items
2. Pour drink into a cup or bowl
3. Pour cereal into a bowl
4. Open packages
5. Use toaster
6. Use microwave
7. Clean up mess

**Chores:**

1. Taking out the trash
2. Gathering trash
3. Making bed
4. Sorting/Washing/Folding/Hanging clothes
5. Vacuuming
6. Setting table
7. Clean off table
8. Clean room
9. Make lunch for next day
10. Get self/stuff organized for the next day

**Communication:**

1. Labeling items
2. Requesting items
3. Accepting no
4. Communicating to share an experience
5. Taking turns in conversation/lengthening conversations
6. Speaking to different communication partners
7. Asking a friend to play/Talking during play
8. Staying on topic/Recognizing when other person is bored/Changing topics to friend’s preference
9. Asking for help at home/school/community
10. Giving compliments
11. Accepting criticism
12. Recognizing bullying/Responding/Reporting
13. Introducing self to a new child at the park

**Socialization:**

1. Learning to be flexible in their thinking when things don't go the way they expected
2. Learning to use coping strategies when they are upset instead of you trying to make all environments trigger free
3. Learning to play parallel/Share in play/Play cooperatively
4. Tolerate other’s mistakes/Work in groups at school
5. Resolve conflict/Accept other’s opinions
6. Work at a task with redirection/Work at a task independently