

## Activities of Daily Living (ADLS)

### Feeding

- 4 months -- holds bottle with 1 or both hands.
- 5 months – Holds a bottle to mouth by self
- 4-6 months – Parent spoon feeds with soft foods
- 7-9 months – Eats well from spoon with some solids
- 10-12 months – Eats solids well from spoon
- 1 year, 5 months – Drinks from a cup or glass and sets it down without much spilling.
- 2 years, 3 months – Grasps spoon with fingers and brings to mouth
- 5 years, 11 months – Cuts most food well with a knife

### Grooming

- 18 months – wash and dry their own hands
- 2 years, 4 months – Brushes teeth somewhat if adult puts paste on and does main brushing
- 4 years, 3 months– Brushes teeth with toothpaste without help
- 5 years, 6 months – Brushes or combs hair well

### Dressing

- 1 year old – Holds out arms and legs, pulls off shoes and socks, pushes arm through sleeves and legs through pants.
- 2 years– Removes unfastened coat, pulls down pants, finds armholes in T-shirt, and puts on front-buttoning coat/shirt
- 3 years – Puts on T-shirt and shoes (may be on wrong foot), puts on socks, manages basic fasteners (zippers, large buttons, snaps, buckles), unties and removes shoes, and removes pull-down garment.
- 4 years – Manages separating zipper, puts on shoes and socks correctly, dresses completely with few errors consistently finds front and back of garments.
- 5 years – Laces and ties Shoes

### Fasteners

- 1 year, 8 months – Zips and unzips easy zippers while on track
- 3 years, 11 months – Buttons and unbuttons medium buttons
- 4 years, 5 months – Fastens buttons quite well

Activities of daily living (ADLs) are skills a children need to care for themselves and become independent. This includes dressing, grooming, and feeding themselves. The ages listed above are the typical ages when these skills develop.