

Development list of self-service and organizational skills

Instructions: Answer the questions, according to the age of your child, with yes or no.

Results: If you answer positively more than twice, it is recommended to visit someone expert.

Your child has difficulty in:

Age	Skill	YES	NO
0-6 months	Following objects with his eyes		
	Coordinating breastfeeding, swallowing, respiration, the front and in turns movements of tongue, up and down movements of jawbone		
	Sleeping for 4-10 hours		
	Expressing with crying hunger, fear or the discontent		
6-12 months	Playing with a game for 2-3 minutes		
	Reaching objects close to him		
	Waking up once while sleeping for 10-12 hours		
	Eating foods with diverse textures		
	Drinking(glass)		
	Holding a bottle or a glass		
	Using tongue to move the food in mouth		
1 – 2 years	Eating small pieces of food		
	Distinguishing between edible and inedible		
	Searching the right places for hidden objects		
	Playing close to other children		
	Imitating adult behavior		
	Playing using his imagination		
	Understanding his parents approval and disapproval		
	Becoming aware of danger of common objects, ex: hot objects, stairs, glass		
	Looking for his parents, often		
	Changing diaper		
	Sleeping		
	Knowing common object position		
Taking off socks and shoes			
Helping dressing			

Age	Skill	YES	NO
2 – 3 years	Going to the toilet with help and has control, during the day		
	Browsing through a book		
	Unbuttoning big buttons		
	Expressing emotions		
	Distinguishing the urinary system and intestinal system and name it correctly		
	Using towel to wipe his face and hands		
	Eating using spoon or fork		
	Accepting to play and get dirty		
	Trying to brush teeth		
3 – 4 years	Playing games in turns		
	Brushing teeth		
	Playing in a team with 2-3 members		
	Getting dressed and undressed		
	Going to the toilet independently		
	Picking up toys		
	Accepting diverse textures		
	Eating without help		
4 – 5 years	Building relationships		
	Expressing emotions		
	Following rules		
	Choosing clothes according to the weather		
	Playing in a team with 4-5 children		
5 – 6 years	Following a daily routine to go to school		
	Opening boxes		
	Keeping quiet in the classroom, following rules in the school, completing his homework		
	Facing noisy environments		
	Preparing his/her bag for school, with help		
6 – 7 years	Going to sleep by himself, and sleeping all the night alone		
	Having a bath by himself		
	Preparing the bag with some help		
	Going to the toilet in the night		
	Saying what time it is		
	Understanding the position of his body in space and time to coordinate the body movements to catch and throw the ball		
	Restricted the need to ask about many things		
	Preparing simple meals		
7 – 8 years	Remembering the facts and describing them		
	Remembering write a sentence which he thought or listened		
	Concentrating more time		
	Keeping quiet(during the lunch, in the classroom)		
	Assuming more responsibilities in the house		
	Understanding how to use money		
	Saying what time it is and managing with the time		