

Self-Care Assessment

For each of the skills in this assessment you will be asked to evaluate your child's *mastery* and his or her *motivation* as described below:

Mastery

1. *Basic Steps Not Mastered.* These are skills for which your child cannot do all of the basic steps; he or she needs to learn some (or all) of the actions involved.
2. *Needs Assistance with Decisions.* These are skills for which your child can do the basic steps but needs help in making decisions about skill performance—he or she needs to be told when to do the skill, or what materials are needed, or how to begin, or whether the skill has been done well.
3. *Can Do Well and Independently.* These are skills for which your child can do the basic actions and make necessary decision—so that you do not need to be there at all.

Motivation

1. *A Problem.* These are skills that your child does not perform without urging; he or she needs to be motivated.
2. *Not a Problem.* These are skills that your child performs regularly without special encouragement.

	MASTERY			MOTIVATION	
	1	2	3	1	2
SKILLS	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently	A Problem	Not a Problem
Basic Dressing					
Puts on underpants					
Puts on undershirt					
Puts on socks*					
Puts on pants*					
Puts on pullover shirt, sweater*					
Puts on front-button shirt, blouse*					
Takes off pullover shirt, sweater					
Pulls zipper up/down (if started)*					
Threads a belt*					
Starts a zipper*					
Buttons*					
Fastens snaps, hooks					
Ties shoes*					
Puts on a slip					
Puts on a bra (if appropriate)					
Puts on nylons/pantyhose (if appropriate)					
Ties a necktie (if appropriate)					

	MASTERY			MOTIVATION	
	1	2	3	1	2
SKILLS	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently	A Problem	Not a Problem
Clothes Selection and Care					
Puts dirty clothes in hamper					
Puts clean clothes away					
Folds and hangs clothes*					
Wears clothes that are clean and pressed					
Selects clothes that fit					
Selects clothes that match					
Selects age-appropriate clothes					
Selects clothes appropriate to weather					
Selects clothes appropriate to social occasion					
Grooming and Personal Hygiene					
Uses toilet and toilet paper					
Washes and dries hands					
Washes and dries face*					
Takes bath or shower, with soap and washcloth*					
Uses deodorant					
Washes and rinses hair*					
Brushes teeth* and uses mouthwash					
Cleans ears					
Shaves (if appropriate)					
Applies makeup (if appropriate)					
Combs and brushes hair*					
Uses a mirror to spot-check appearance					
Trims fingernails/toenails					
Uses aftershave/perfume					
Uses a handkerchief/tissue					
Takes care of eyeglasses or contact lenses (if appropriate)					
Gets a haircut					
Wipes food/dirt off clothes					
Uses tampons or sanitary napkins (if appropriate) and disposes of them properly					

	MASTERY			MOTIVATION	
	1	2	3	1	2
SKILLS	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently	A Problem	Not a Problem
Health Care					
Eats a well-balanced diet					
Gets enough sleep					
Exercises regularly (e.g., rides bike, walks)					
Cares for minor cuts					
Treats minor burns					
Identifies cold symptoms					
Treats a common cold					
Treats a common headache					
Treats a common nosebleed					
Treats common diarrhea/constipation					
Treats common nausea					