

## Everyday living skills checklist – Early years

**Checklist completed by:**

**Date:**

**Child's name and date of birth:**

Please describe which activities of daily living the child is having difficulty with in their daily routine:

This check list considers children and young people from 0 – 19 years old. Only provide information on the activities the child / young person is having difficulty with.

<b>Self- care activities</b>	Describe what you observe when the child / young person is completing the activities they are having difficulty with :
<ul style="list-style-type: none"> <li>• Dressing ( Following dressing routine, putting on clothing, tolerating wearing clothing, fastening buttons, zips, Velcro, shoelaces )</li> </ul>	
<ul style="list-style-type: none"> <li>• Participation in meal times ( sitting at table, using cutlery, eating a range of textures and food types)</li> </ul>	
<ul style="list-style-type: none"> <li>• Sleep ( bedtime routine, settling to sleep)</li> </ul>	
<ul style="list-style-type: none"> <li>• Toileting ( following toileting routine, tolerating sitting on the toilet, getting on and off the toilet, managing clothes, wiping self) personal hygiene</li> </ul>	
<ul style="list-style-type: none"> <li>• Bathing / showering ( following routine, getting in and out the bath shower, operating the bath / shower, managing clothing, tolerating washing / hair washing) washing self, personal hygiene</li> </ul>	
<ul style="list-style-type: none"> <li>• Grooming activities (tolerating nail cutting, haircuts, hair brushing, brushing teeth, handling and managing hairbrushes,</li> </ul>	

toothbrushes etc for grooming )	
<b>Play /leisure</b> <ul style="list-style-type: none"> <li>• Choosing and focussing on a range of play activities at home and school</li> <li>• Using playground equipment, outdoor toys ( bikes, scooters, sand pit)</li> <li>• Using , exploring and manipulating a range of toys / play activities ( painting, sticking, jigsaws, construction , lego)</li> </ul>	
<b>Nursery learning tasks:</b>	
<ul style="list-style-type: none"> <li>• using scissors</li> </ul>	
<ul style="list-style-type: none"> <li>• Sitting at a craft activity table</li> <li>• Sitting at the snack / lunch table</li> </ul>	
<ul style="list-style-type: none"> <li>• Mark making</li> </ul>	
<ul style="list-style-type: none"> <li>• maintaining attention and participating in the nursery tasks (during story / carpet time, during an independent / group learning activity)</li> <li>• organising self to complete a nursery task</li> </ul>	
<ul style="list-style-type: none"> <li>• Following nursery routines ( lunch time / snack time, playtime, changing rooms / tasks, nursery trips, managing to organise self to choose play activities)</li> </ul>	
<b>Accessing environments</b>	
<ul style="list-style-type: none"> <li>• Physically moving around nursery / community ( negotiating nursery environment, steps, ramps, toileting facilities, public transport )</li> </ul>	
<ul style="list-style-type: none"> <li>• Participation in community / nursery environments (family outings, shops, after school clubs, school trips )</li> </ul>	