The focus of the VB-MAPP is primarily on communication and social skills. However, self-care skills are an important part of the child’s growing independence. The following self-care checklists can be used for assessment and skills tracking. The list can be downloaded and printed as needed to complete your child’s program. As always, the procedures derived from applied behavior analysis provide the best way to teach these skills.
DRESSING – BY ABOUT 18 MONTHS

___ Pulls a hat off
___ Pulls socks off
___ Pulls mittens off
___ Pulls shoes off (may need help with laces, buckles and velcro straps)
___ Pulls coat off (may need assistance unbuttoning and unzipping)
___ Pulls pants down (may need assistance unbuttoning and unzipping)
___ Pulls pants up (but may need help getting pants over a diaper, and with buttoning, snapping and zipping)

DRESSING – BY ABOUT 30 MONTHS

___ Unties shoe laces
___ Unbuttons front buttons
___ Unsnaps
___ Fastens and unfastens velcro
___ Unzips front zippers (smaller zippers may be difficult)
___ Removes shirt (tight shirts may require assistance)
___ Removes pants or skirts (may need help unzipping and unbuttoning)
___ Puts on shoes (needs help discriminating right from left and tying)
___ Puts on pants (may need help zipping and buttoning up)
___ Adjusts clothing
___ Matches own socks
___ Matches own shoes
___ Puts dirty clothes in a hamper

DRESSING – BY ABOUT 48 MONTHS

___ Undresses (but may need help with tight pullover clothes)
___ Dresses (may need help with back buttons and zippers such as on a dress)
___ Puts on coat
___ Puts on socks
___ Puts on pants
___ Buckles and unbuckles most buckles (some may be more difficult)
___ Zips and unzips front zippers
___ Buttons and unbuttons front buttons
___ Snaps and unsnaps front snaps
___ Identifies which clothes to wear for various weather conditions
___ Attempts to lace shoes
___ Puts on shoes (discriminating right from left with a prompt)
___ Attempts to tie shoes
___ Hangs up own clothes on a hook
___ Hangs up own clothes on a hanger (with assistance)
___ Folds own clothes (with assistance)
___ Puts clothes in drawer
BATHING AND GROOMING – BY ABOUT 18 MONTHS

___ Wipes nose with a tissue (with assistance)
___ Washes hands (with assistance)
___ Dries hands (with assistance)
___ Attempts toothbrushing (with assistance)

BATHING AND GROOMING – BY ABOUT 30 MONTHS

___ Attempts to use a washcloth and soap while bathing (with assistance)
___ Brushes teeth (with assistance)
___ Washes face (with assistance)
___ Dries face
___ Attempts to wash hands independently
___ Dries hands
___ Attempts to brush hair (with assistance)

BATHING AND GROOMING – BY ABOUT 48 MONTHS

___ Wipes nose with a tissue and puts it in the trash
___ Gets in and out of a bath tub with minimal assistance
___ Uses a washcloth and soap when bathing
___ Washes hair (with assistance, especially for longer hair)
___ Dries self after a bath or shower
___ Brushes teeth
___ Flosses teeth (with assistance)
___ Washes hands
___ Washes face
___ Dries both face and hands
___ Hangs up towel after washing
___ Brushes hair (with assistance, especially for longer hair)
### FEEDING – BY ABOUT 18 MONTHS

- Eats finger foods
- Drinks from a cup by self
- Uses a spoon to scoop food
- Sucks from a straw

### FEEDING – BY ABOUT 30 MONTHS

- Uses a fork to pick up food
- Uses a napkin to wipe face and hands
- Carries own lunch box or plate to table
- Opens own lunch box
- Opens ziploc bags
- Unwraps partially opened food packaging
- Puts a straw into a juice box
- Takes off own bib

### FEEDING – BY ABOUT 48 MONTHS

- Uses the side of a fork to cut softer foods
- Uses a knife for spreading
- Uses a knife for cutting (softer foods)
- Keeps eating area reasonably clean while eating
- Unwraps most food packaging
- Opens milk or juice container
- Pours liquids into a cup or bowl (from a small pitcher or lunch thermos)
  - Helps to prepare simple foods (spreading, stirring, using cookie cutters, holding a beater, measuring ingredients, pouring ingredients)
- Helps to set the table for meals
- Takes dishes to the sink
- Puts trash in a garbage can
- Wipes the table with a sponge or dish towel
TOILETING – READINESS SKILLS - BY ABOUT 24 MONTHS

___ Responds to reinforcement  
___ Follows simple directions  
___ Seems uncomfortable in soiled diapers  
___ Remains dry for 2 hours at a time  
___ Bowel movements are predictable and regular  
___ Pulls pants down  
___ Pulls pants up (with assistance)  
___ Can sit still for 2 minutes at a time

TOILETING – BY ABOUT 36 MONTHS

___ Has learned a word, sign, or PECS for toilet (e.g., potty, pee, sign for toilet)  
___ Mands to use the toilet  
___ Unbuttons, unsnaps, or unzips pants  
___ Sits on toilet  
___ Urinates on toilet  
___ Wipes after urinating (girls)  
___ Deficates on toilet  
___ Wipes after deficating (with assistance)  
___ Pulls underwear up  
___ Pulls pants up  
___ Zips, snaps, or buttons pants (with assistance)  
___ Flushes toilet  
___ Washes hands (with assistance)  
___ Dries hands

TOILETING – BY ABOUT 48 MONTHS

___ Aims into the toilet while standing (boys)  
___ Wipes self (girls wipe from front to back)  
___ Zips front zippers  
___ Buttons front buttons  
___ Snaps front snaps  
___ Washes and dries hands - as part of the toileting routine  
___ Night-time trained (may still have accidents)