

# Stages of Adaptive Development

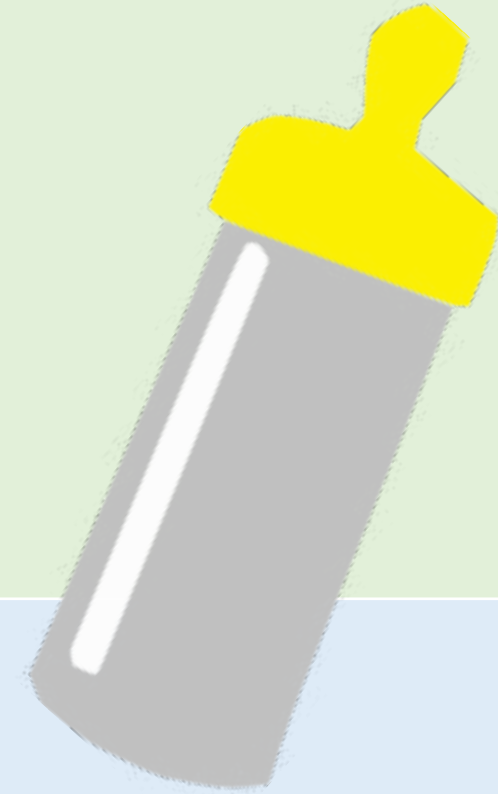
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## Adaptive/Self-Care

### Birth to 11 months



- Sucks with smooth, coordinated movements
- Places both hands on bottle or breasts
- Swallows strained food
- Eats semi-solid foods (e.g., puffs cereal)
- Supports own bottle
- Chews and bites on toys
- Holds a spoon
- Sleeps 12-14 hours



### 12-23 months



- Feeds self small snacks (e.g., crackers)
- Drinks from a cup with support
- Naps up to twice a day
- Helps dress self (e.g., extending limbs)
- Brings spoon to mouth
- Drinks from an open cup with some spillage
- Shows bladder and bowel control pattern
- Communicates discomfort over soiled diaper (e.g., words or gestures)
- Feeds self with spoon with some spillage
- Takes off socks



### 24-30 months



- Requests foods or liquids using words or gestures
- Removes shoes without assistance
- Feeds self with utensils without assistance
- Gives up bottle
- Zips large zipper when shank is connected
- Washes and dries hands with help
- Communicates need to eliminate
- Holds a cup with one hand
- Opens doors by turning knobs
- Helps with every day tasks (e.g., putting laundry in the basket, clearing dishes, etc.)
- Unwraps food
- Pulls pants down with assistance
- Requires occasional supervision in the home
- Understands that hot is dangerous (e.g., blows on hot foods, avoids fireplace, etc.)
- Cleans up toys when asked
- Handles fragile items (e.g., egg)
- May reject foods
- Insists on doing things independently



### 36 months

- Can tell the difference between food and non-food substances
- Takes off clothes without assistance
- Controls bowel movements regularly (less than one accident each week)
- Washes hands independently
- Wipes nose with help
- Uses a fork
- Helps bathe self
- Takes responsibility with toileting needs

This information was obtained from the Battelle Developmental Inventory-II and Hawaii Early Learning Profile

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