**Everyday living skills checklist**

**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.

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| **Self- care activities** | Describe what you observe when the child / young person is completing the activities they are having difficulty with :  |
| * Dressing ( Following dressing routine, putting on clothing, tolerating wearing clothing, fastening buttons, zips, Velcro, shoelaces )
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| * Participation in meal times ( sitting at table, using cutlery, eating a range of textures and food types)
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| * Sleep ( bedtime routine, settling to sleep)
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| * Toileting ( following toileting routine, tolerating sitting on the toilet, getting on and off the toilet, managing clothes, wiping self) personal hygiene
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| * 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
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| * Grooming activities (tolerating nail cutting, haircuts, hair brushing, brushing teeth, handling and managing hairbrushes, toothbrushes etc for grooming )
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| **Play /leisure*** Choosing and focussing on a range of play activities at home and school
* Using playground equipment, outdoor toys ( bikes, scooters, sand pit)
* Using , exploring and manipulating a range of toys / play activities ( painting, sticking, jigsaws, construction , lego)
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| **Nursery learning tasks:**  |  |
| * using scissors
 |  |
| * Sitting at a craft activity table
* Sitting at the snack / lunch table
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| * Mark making
 |  |
| * maintaining attention and participating in the nursery tasks (during story / carpet time, during an independent / group learning activity)
* organising self to complete a nursery task
 |  |
| * Following nursery routines ( lunch time / snack time, playtime, changing rooms / tasks, nursery trips, managing to organise self to choose play activities)
 |  |
| **Accessing environments** |  |
| * Physically moving around nursery / community ( negotiating nursery environment, steps, ramps, toileting facilities, public transport )
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| * Participation in community / nursery environments (family outings, shops, after school clubs, school trips )
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