

## DAILY LIVING SKILLS YOUR CHILD NEEDS TO KNOW

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### **EMERGENCY INFORMATION**

- Can state name, address, phone number, emergency number
- Knows parents names
- Knows own medical history/conditions (if any – i.e.: seizures, hospitalizations, medications, etc.) and can give an oral history.
- Can give vital statistics (such as height / weights/ medications)
- Can recognize an emergency situation
- Can make and receive phone calls
- In an emergency knows how to call the police, EMS, fire department, etc... and can give basic information so s/he (or someone else) can get help
- Can take a phone message
- Can leave a message on an answering machine
- Can tell you if in pain and what it feels like
- Can tell you if they need to see a dentist
- Can take own temperature safely
- Can follow a doctor's orders (take two pills each morning, etc.)

### **MONEY**

- Knows the values of all coins and bills
- Can count coins and bills
- Can use coins and bills to make different combinations of money
- Can recognize the value of an item (i.e.: T-shirt, banana, sports car, etc..)
- Knows how to keep money in a safe place
- Has a savings and checking account
- Knows how to deposit and withdraw money
- Knows how to write a check
- Knows how to address an envelope, put a stamp on, and place it in a mailbox
- Can pay bills
- Has basic job skills

### **TIME**

- Knows the concept of time, days, months, years, seasons, etc..
- Can use a calendar
- Can make a plan and follow a “daily planner” or “calendar”

- Can use a clock and can set the alarm
- Can tell time on a watch
- Uses a watch appropriately
- Can tell someone the time when s/he asks
- Knows what clothing should be worn in the winter vs. summer
- Can tell you what today's date is

### **READING AND WRITING**

- Basic reading and writing skills (people, places, things, forms, lists, etc...)
  - traffic signs (bicycle crossing, don't walk, walk, railroad crossing, stop)
  - information signs (elevator, out of order, push, self-serve, no trespassing, exact change needed, closed)
  - safety signs (beware of dog, caution, caution – wet floor, danger-keep out, do not enter, don't walk, emergency exit, exit, fire alarm, fire extinguisher, flammable, hot/cold, keep off, no smoking, on/off, poison, police, stairs, watch your step)
- Can write out name, address, and phone number
- Can write out emergency contact's name, address, and phone number
- Can write a "to-do" list

### **MENTAL HEALTH AND SEXUALITY**

- Knows what stress signs are
- Knows how to handle conflicts
- Knows what depression is and what to do to get help
- Recognizes signs of anxiety
- Knows where are appropriate places to masturbate
- Knows what good touch and bad touch are
- Knows what sex is
- Knows how to use contraceptive devices and where to obtain them

### **DRESSING, CLOTHING, GROOMING**

- Can dress self
- Can dress self according to weather outside
- Can predict for future bad weather during the day (i.e.: storm, rain, snow, etc..)
- Can shop for clothing (knows concepts such as quality of clothing, finding the correct size, cost, proper season, etc..)
- Can care for clothing (washing and drying and folding and putting away)
- Can groom self and look neat



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- Can take a shower or bath (washing body and hair)
- Can dry off
- Can comb hair
- Can brush teeth
- Washes hands at appropriate times (after bathroom, before meals, etc..)
- Can shave
- Uses deodorant
- Can apply makeup
- Takes care of nails (cutting and filing)
- Knows what a menstrual period is and how to use a tampon or pad

#### **CLEANING**

- Picks up
- Makes bed
- Changes sheets
- Vacuums
- Sweeps
- Uses a mop
- Uses a dustpan
- Can use cleaners appropriately and safely

#### **FOOD**

- Can make a list for grocery shopping
- Can find items in the grocery store
- Knows what a healthy meal consists of
- Can pack and unpack groceries (knows that eggs need to go on top, etc..)
- Can read a recipe
- Can find items in the kitchen
- Knows how to prepare simple foods
- Can use sharp utensils carefully
- Can clear the table
- Can wash dishes or use dishwasher
- Can clean table after use
- When eating out can read a menu
- When eating out can place an order (either take out or with a waitress)
- Knows and uses appropriate table manners for eating at home and out





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### **LEISURE AND COMMUNITY SKILLS**

- Restaurant Skills (waiting in line, ordering, paying, tipping)
- Shopping mall skills (reading a map, purchasing skills)
- Park or Walking in the Woods Skills (personal safety, not getting lost)
- Church or Temple Skills (sitting quietly, understanding religion)
- Movie Theatre Skills (waiting in line, asking for a ticket for a specific movie, paying, getting correct change, buying snacks, finding a seat, being quiet, leaving when the movie is over)
- Sporting Event Skills
- Arcade Skills
- Video Store Skills (using a video card)
- Public Library Skills (finding books, using a library card)
- Museum Skills
- Buying a Birthday Card
- Buying Stamps
- Can use Public Transportation
- Can use a Public Telephone
- Knows Pedestrian Safety
- Knows what a tip is and how to tip people appropriately
- Can Locate the Restrooms

