

# Toddler Life Skills Checklist

## Personal Care

- ☐ Washing hands
- ☐ Brushing teeth with help
- ☐ Wiping nose with tissue
- ☐ Dressing with minimal assistance
- ☐ Putting dirty clothes in the laundry
- ☐ Using the toilet or signaling when they need to go

## Household Skills

- ☐ Cleaning up toys
- ☐ Wiping spills
- ☐ Putting dishes in the sink
- ☐ Helping sort laundry
- ☐ Feeding pets with supervision

## Mealtime Skills

- ☐ Using a spoon and fork
- ☐ Drinking from an open cup
- ☐ Pouring from a small pitcher
- ☐ Helping set the table
- ☐ Cleaning up after meals

## Communication and Social Skills

- ☐ Making eye contact
- ☐ Saying please and thank you
- ☐ Using words to express emotions
- ☐ Asking for help
- ☐ Taking turns during play

## Cognitive and Emotional Skills

- ☐ Following simple 1-2 step instructions

## Toddler Life Skills Checklist

- ☐ Naming basic emotions
- ☐ Problem-solving (e.g., asking for help, trying again)
- ☐ Playing independently for short periods