

How Independent is Your Child?

Rate your child at each task using the following scale:

3 points My child usually carries out this task **independently**.

2 point My child usually carries out this task if given a **prompt** or **little help**.

1 points My child will carry out this task, but needs **several prompts** or **much help**.

0 points My child is **not given the opportunity** or **does not** carry out this task independently.

Life Skills

- ___ takes a bath
- ___ brushes teeth
- ___ goes to bed
- ___ makes bed when getting up
- ___ picks out clothes to wear
- ___ has independent restroom behaviors (shuts door / washes hands)
- ___ gets a snack
- ___ fixes a meal occasionally (PB&J, Cereal)
- ___ straightens bedroom
- ___ confines toys to certain area
- ___ puts dirty clothes in hamper
- ___ puts clean clothes away
- ___ dresses self
- ___ ties shoes
- ___ puts shoes in a specific spot
- ___ puts jacket in a specific spot
- ___ has / completes chores

Learning Skills

- ___ puts tote bag / backpack in a specific spot
- ___ gets and carries tote bag / backpack to school
- ___ reads / looks at books each day
- ___ chooses self-directed independent activities
- ___ is able to entertain self
- ___ will complete "homework"

Social Skills

- ___ will introduce self to peers/adults appropriately
- ___ initiates play interaction with peers
- ___ interacts / plays appropriately with peers
- ___ is able to “join in” play with less familiar peers
- ___ respects personal space of others

Emotional Skills

- ___ will separate from parents
- ___ regulates emotions appropriately
- ___ is able to self soothe when upset / frustrated
- ___ demonstrates appropriate emotions for the situation
- ___ uses words / solves problems independently

Behavioral Skills

- ___ makes good choices
- ___ follows directions
- ___ accepts criticism / “No” for an answer
- ___ accepts responsibility for actions
- ___ accepts consequences of actions
- ___ regulates behavior without constant reinforcement

Bonus Category – Add 1 bonus point for each mastered skill (total of 3 possible points)

Money Skills (*if applicable – age 5+*)

- ___ understands money is earned
- ___ has opportunity to EARN money
- ___ makes some spending decisions

___ **TOTAL POINTS**

89-120 points **Your child is well on the way to demonstrating a healthy sense of independence in a variety of developmental areas.**

0-89 points **Continue to look for ways to encourage your child to independently carry out tasks in a variety of developmental areas.**