## Important Life Skills by Age Group

| 2-3 yrs | 4-5 yrs | 6-7 yrs | 8-9 yrs | 10-13 yrs | 14-18 yrs | 18+ |
|---|---|---|---|---|---|---|
| • Help put toys away<br>• Dress themselves with help<br>• Put clothes in hamper<br>• Takes plate to sink after meal<br>• Help set table<br>• Brush teeth<br>• Wash face & hands with assistance | • Know name, address, and phone number<br>• Know how to make emergency call<br>• Simple cleaning (dusting & clearing table after meal<br>• Feed pets<br>• Identify monetary denominations ($1, $2, $5, $10, $20, etc)<br>• Understand how money is used<br>• Brush teeth, comb hair, wash face (no assistance)<br>• Help with basic laundry chores (put clothes away, bring dirty clothes to laundry room)<br>• Choose outfit for the day | • Cooking: mix, stir, & cut with dull knife<br>• Make basic meal (i.e. sandwich)<br>• Help put groceries away<br>• Wash dishes<br>• Safely use household cleaners<br>• Straighten up bathroom after use<br>• Make bed (no assistance)<br>• Bathe unsupervised | • Fold clothes<br>• Learn simple sewing<br>• Care for belongings (toys, bike, games, etc)<br>• Take care of personal hygiene without being told<br>• Properly use broom and dustpan<br>• Read recipe and prepare simple meal<br>• Help create grocery list<br>• Count & make change<br>• Take phone messages<br>• Help with simple lawn duties (water & weed flower bed)<br>• Take out trash | • Stay home alone<br>• Go to store & make purchases<br>• Change bed sheets<br>• Use washing machine & dryer<br>• Plan & prepare meal with several ingredients<br>• Use oven<br>• Read labels<br>• Iron clothes<br>• Use basic hand tools<br>• Mow lawn<br>• Look after younger siblings | • Perform sophisticated chores & cleaning (clean vacuum cleaner, clean stove, unclog drain)<br>• Fill a car with gas, add air to tires, & change tire<br>• Read and understand medicine labels & dosages<br>• Interview for and get a job<br>• Prepare & cook meals if needed | • Make regular doctor & dentist appointments<br>• Have basic understanding of finances (manage bank account, pay bills, use credit card)<br>• Understand basic contracts (apartment or car)<br>• Car maintenance (oil change & tune up) |

http://life.familyeducation.com/slideshow/independence/71434.html