# Stages of Adaptive Development

## Adaptive/Self-Care

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Activities</th>
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| Birth to 11 months | • Sucks with smooth, coordinated movements  
                          • Places both hands on bottle or breasts  
                          • Swallows strained food  
                          • Eats semi-solid foods (e.g., puffs cereal)  
                          • Supports own bottle  
                          • Chews and bites on toys  
                          • Holds a spoon  
                          • Sleeps 12-14 hours |
| 12-23 months  | • Feeds self small snacks (e.g., crackers)  
                          • Drinks from a cup with support  
                          • Naps up to twice a day  
                          • Helps dress self (e.g., extending limbs)  
                          • Brings spoon to mouth  
                          • Drinks from an open cup with some spillage  
                          • Shows bladder and bowel control pattern  
                          • Communicates discomfort over soiled diaper (e.g., words or gestures)  
                          • Feeds self with spoon with some spillage  
                          • Takes off socks |
| 24-30 months  | • Requests foods or liquids using words or gestures  
                          • Removes shoes without assistance  
                          • Feeds self with utensils without assistance  
                          • Gives up bottle  
                          • Zips large zipper when shank is connected  
                          • Washes and dries hands with help  
                          • Communicates need to eliminate  
                          • Holds a cup with one hand  
                          • Opens doors by turning knobs  
                          • Helps with every day tasks (e.g., putting laundry in the basket, clearing dishes, etc.)  
                          • Unwraps food  
                          • Pulls pants down with assistance  
                          • Requires occasional supervision in the home  
                          • Understands that hot is dangerous (e.g., blows on hot foods, avoids fireplace, etc.)  
                          • Cleans up toys when asked  
                          • Handles fragile items (e.g., egg)  
                          • May reject foods  
                          • Insists on doing things independently |
| 36 months     | • Can tell the difference between food and non-food substances  
                          • Takes off clothes without assistance  
                          • Controls bowel movements regularly (less than one accident each week)  
                          • Washes hands independently  
                          • Wipes nose with help  
                          • Uses a fork  
                          • Helps bathe self  
                          • Takes responsibility with toileting needs |

This information was obtained from the Battelle Developmental Inventory-II and Hawaii Early Learning Profile.

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