

Preschool adaptive skills checklist

25 specific skills | Ages 3-5 | Observe familiar routines for a week.

Child: _____ Age: _____ Week of: _____

Mark one box per item. Supports can count as independent. Keep needed adult supervision.

Age guide: CDC = 75%+ milestone; AAP = ages 4-5; practice = suggestion, not a deadline.

Not a diagnostic test. Discuss missed milestones, lost skills, or concerns with your pediatrician.

Everyday skill	Age / source	Alone	Help	Not yet
Dressing				
01. Puts on loose pants or a jacket.	3 / CDC	☐	☐	☐
02. Opens some buttons.	4 / CDC	☐	☐	☐
03. Closes some buttons.	5 / CDC	☐	☐	☐
04. Dresses and undresses with little help.	4-5 / AAP	☐	☐	☐
Eating				
05. Uses a fork.	3 / CDC	☐	☐	☐
06. Serves food with adult supervision.	4 / CDC	☐	☐	☐
07. Pours water with adult supervision.	4 / CDC	☐	☐	☐
08. Uses a spoon.	4-5 / AAP	☐	☐	☐
Toileting and hygiene				
09. Helps with a step of washing or dressing after toileting.	3 / practice	☐	☐	☐
10. Practices the bathroom sequence with needed help.	4 / practice	☐	☐	☐
11. Usually manages their own toilet needs.	4-5 / AAP	☐	☐	☐
12. Washes and dries hands.	4-5 / AAP	☐	☐	☐

Notes / supports used: _____

Keep both pages together. Continue with items 13-25 on page 2.

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Everyday skill	Age / source	Alone	Help	Not yet
Helping at home				
13. Carries an unbreakable cup to the counter.	3 / practice	☐	☐	☐
14. Enjoys being a helper.	4 / CDC	☐	☐	☐
15. Matches socks.	5 / CDC	☐	☐	☐
16. Helps clear the table after eating.	5 / CDC	☐	☐	☐
Safety				
17. Avoids touching something hot after a warning.	3 / CDC	☐	☐	☐
18. Avoids some playground dangers.	4 / CDC	☐	☐	☐
19. Practices stopping at the curb with an adult.	5 / practice	☐	☐	☐
Playing with others				
20. Notices other children and joins their play.	3 / CDC	☐	☐	☐
21. Asks to play with other children.	4 / CDC	☐	☐	☐
22. Follows rules or takes turns in games.	5 / CDC	☐	☐	☐
Handling feelings				
23. Settles within 10 minutes after a caregiver leaves.	3 / CDC	☐	☐	☐
24. Adjusts behavior to different places.	4 / CDC	☐	☐	☐
25. Practices asking for a break or help when frustrated.	5 / practice	☐	☐	☐

Notes / supports used: _____

One next step: _____

Review date: _____

Sources: CDC milestone checklists, ages 3, 4, and 5

AAP: Developmental Milestones, 4 to 5 Year Olds