

Home Progress Chart

***A Guide to Setting Goals
In Teaching Important
Life Skills to Children***

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Two Years

Personal Care
Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom

Clothing Care
(none)

Household
Clear off own place at table

Cooking
(none)

Money
(none)

Navigation and Auto
(none)

Other
(none)

Three Years

Personal Care
 Put pajamas away
 Pick up toys
 Undress self
 Comb hair
 Wash face, hands
 Brush teeth
 Tidy up bedroom
Dress self
Make own bed

Clothing Care
(none)

Household
 Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table

Cooking
(none)

Money
(none)

Navigation and Auto
(none)

Other
(none)

Four Years

Personal Care
 Put pajamas away
 Pick up toys
 Undress self
 Comb hair
 Wash face, hands
 Brush teeth
 Tidy up bedroom
 Dress self
 Make own bed
(none)

Clothing Care
Empty hamper, put clothes in wash area

Household
 Clear off own place at table
 Wipe up a spill
 Dust furniture
 Set table
 Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks

Cooking
(none)

Money
(none)

Navigation and Auto
Know address
Know phone number(s)

Other
(none)

Five Years

Personal Care
 Put pajamas away
 Pick up toys
 Undress self
 Comb hair
 Wash face, hands
 Brush teeth
 Tidy up bedroom
 Dress self
 Make own bed
Clean, trim nails

Clothing Care
 Empty hamper, put clothes in wash area
Put away clean clothes

Household
 Clear off own place at table
 Wipe up a spill
 Dust furniture
 Set table
 Clear table
 Pick up trash in yard
 Shake area rugs
 Spot-clean walls
 Clean TV screen and mirrors
 Empty wastebaskets
 Sweep porches, patios, walks
Clean toilet
Scour sink and tub

Cooking
Basic nutrition knowledge

Money
Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance

Navigation and Auto
 Know address
 Know phone number(s)
(none)

Other
Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths

Six Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails

Floss teeth

Leave bathroom neat after use

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet

Household

Clear off own place at table
Wipe up a spill

Dust furniture

Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor

Cooking

Basic nutrition knowledge

Put groceries away

Make juice from concentrate
Make a sandwich

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
(none)

Navigation and Auto

Know address
Know phone number(s)
(none)

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library

Seven Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
(none)

Household

Clear off own place at table
Wipe up a spill
Dust furniture

Set table

Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages

Cooking

Basic nutrition knowledge
Put groceries away

Make juice from concentrate

Make a sandwich
Read a recipe
Pack a cold lunch
Boil eggs

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
(none)

Navigation and Auto

Know address
Know phone number(s)
Read a map

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
(none)

Eight Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
(none)

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content

Household

Clear off own place at table
Wipe up a spill
Dust furniture

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
(none)

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer

Household

Clear off own place at table
Wipe up a spill
Dust furniture

Set table

Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car

Cooking

Basic nutrition knowledge
Nine Years

Set table

Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden

Cooking

Basic nutrition knowledge

Put groceries away

Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
(none)

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule

Navigation and Auto

Know address
Know phone number(s)
Read a map
Clean interior of car

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
(none)

Put groceries away

Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule
(none)

Navigation and Auto

Know address
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
(none)

Ten Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair

Arrange for own haircuts

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter

Household

Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets

Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden
Change bed linens
Replace light bulbs, understand wattage
Clean fireplace

Cooking

Basic nutrition knowledge
Put groceries away
Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled food
Bake a cake from mix
Cook frozen, canned egetables

Mix pancakes

Read ingredient labels wisely

Plan a balanced meal

Select and prepare fresh fruits and vegetables

Make smoothies

Bake cookies

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule

Make savings or checking account deposit

Navigation and Auto

Know address
Mapquest
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
Know emergency first-aid procedures
Understand uses of medicine and seriousness of overuse

Eleven Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts

Purchase own grooming supplies

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers

Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing

Household

Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks

Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car

Weed garden
Change bed linens
Replace light bulbs, understand wattage
Clean fireplace
Polish silverware
Replace fuse or know where breakers are

Cooking

Basic nutrition knowledge
Put groceries away
Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled food
Bake a cake from mix
Cook frozen, canned egetables

Mix pancakes
Read ingredient labels wisely
Plan a balanced meal
Select and prepare fresh fruits and vegetables
Make smoothies
Bake cookies
Bake muffins or biscuits, cinnamon rolls
Make tossed salad

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule
Make savings or checking account deposit

Navigation and Auto

Know address
Mapquest
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
Know emergency first-aid procedures
Understand uses of medicine and seriousness of overuse

Twelve Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts
Purchase own grooming supplies

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing

Basic spot removal

Iron clothing

Hand-wash lingerie or woolens

Simple mending buttons and holes

Take clothes for dry cleaning

Simple sewing

Household

Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table

Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden
Change bed linens
Replace light bulbs, understand wattage
Clean fireplace
Polish silverware
Replace fuse or know where breakers are
Oil squeaky door
Change vacuum bag
Trim trees, shrubs
Mow lawn

Cooking

Basic nutrition knowledge
Put groceries away
Make juice from concentrate

Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled food
Bake a cake from mix
Cook frozen, canned egetables
Mix pancakes
Read ingredient labels wisely
Plan a balanced meal
Select and prepare fresh fruits and vegetables
Make smoothies
Bake cookies
Bake muffins or biscuits, cinnamon rolls
Make tossed salad
Make hot beverages
Make hamburger
Broil a steak
Clean refrigerator

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule
Make savings or checking account deposit
Use a simple budget

Navigation and Auto

Know address
Mapquest
Know phone number(s)
Read a map

Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly
Polish car

Other
Make emergency call such as
ambulance, police, or fire department
Learn to swim as well as diving safely
– feet first into unknown depths
Check book out of library
Know emergency first-aid procedures

Understand uses of medicine and
seriousness of overuse
Plan a small party
Properly hang something on a wall
Know differences between latex,
enamel paint, wood stains and poly-
urethane
Paint a room

Thirteen Years

Personal Care
Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts
Purchase own grooming supplies

Clothing Care
Empty hamper, put clothes in wash
area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric
content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing
Basic spot removal
Iron clothing
Hand-wash lingerie or woolens
Simple mending buttons and holes
Take clothes for dry cleaning
Simple sewing

Household
Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub

Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes
away
Know differences and uses of various
household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden
Change bed linens
Replace light bulbs, understand
wattage
Clean fireplace
Polish silverware
Replace fuse or know where breakers
are
Oil squeaky door
Change vacuum bag
Trim trees, shrubs
Mow lawn

Wash windows
Place long distance calls
Place collect calls
Unstop a drain with chemicals or
plunger

Cooking
Basic nutrition knowledge
Put groceries away
Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled
food
Bake a cake from mix
Cook frozen, canned egetables
Mix pancakes
Read ingredient labels wisely

Plan a balanced meal
Select and prepare fresh fruits and
vegetables
Make smoothies
Bake cookies
Bake muffins or biscuits, cinnamon
rolls
Make tossed salad
Make hot beverages
Make hamburger
Broil a steak
Clean refrigerator

Money
Know monetary denominations, penny,
dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving
schedule
Make savings or checking account
deposit
Use a simple budget

Navigation and Auto
Know address
Mapquest
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly
Polish car

Other
Make emergency call such as
ambulance, police, or fire department
Learn to swim as well as diving safely
– feet first into unknown depths
Check book out of library
Know emergency first-aid procedures
Understand uses of medicine and
seriousness of overuse
Plan a small party
Properly hang something on a wall
Know differences between latex,
enamel paint, wood stains and poly-
urethane
Paint a room

Fourteen Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts
Purchase own grooming supplies

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing
Basic spot removal
Iron clothing
Hand-wash lingerie or woolens
Simple mending buttons and holes
Take clothes for dry cleaning
Simple sewing

Household

Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners

Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden
Change bed linens
Replace light bulbs, understand wattage
Clean fireplace
Polish silverware
Replace fuse or know where breakers are
Oil squeaky door
Change vacuum bag
Trim trees, shrubs
Mow lawn
Wash windows
Place long distance calls
Place collect calls
Unstop a drain with chemicals or plunger
Polish wood furniture
Install a lock
Scrub down walls
Wax a floor
Clean bathroom tile

Cooking

Basic nutrition knowledge
Put groceries away
Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled food
Bake a cake from mix
Cook frozen, canned egetables
Mix pancakes
Read ingredient labels wisely
Plan a balanced meal
Select and prepare fresh fruits and vegetables
Make smoothies
Bake cookies
Bake muffins or biscuits, cinnamon rolls

Make tossed salad
Make hot beverages
Make hamburger
Broil a steak
Clean refrigerator
Make a casserole

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule
Make savings or checking account deposit
Use a simple budget
Return item to store properly
Write a check
Balance a checkbook
Understand Cell Phone costs

Navigation and Auto

Know address
Mapquest
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly
Polish car

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
Know emergency first-aid procedures
Understand uses of medicine and seriousness of overuse
Plan a small party
Properly hang something on a wall
Know differences between latex, enamel paint, wood stains and polyurethane
Paint a room
Type
Change furnace or air conditioner filter
Contact landlord with problem and follow through; know about renter's insurance

Fifteen Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts
Purchase own grooming supplies

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing
Basic spot removal
Iron clothing
Hand-wash lingerie or woolens
Simple mending buttons and holes
Take clothes for dry cleaning
Simple sewing

Household

Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom

Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes
Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden
Change bed linens
Replace light bulbs, understand wattage
Clean fireplace
Polish silverware
Replace fuse or know where breakers are
Oil squeaky door
Change vacuum bag
Trim trees, shrubs
Mow lawn
Wash windows
Place long distance calls
Place collect calls
Unstop a drain with chemicals or plunger
Polish wood furniture
Install a lock
Scrub down walls
Wax a floor
Clean bathroom tile

Cooking

Basic nutrition knowledge
Put groceries away
Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled food
Bake a cake from mix
Cook frozen, canned egetables
Mix pancakes
Read ingredient labels wisely
Plan a balanced meal
Select and prepare fresh fruits and vegetables
Make smoothies
Bake cookies
Bake muffins or biscuits, cinnamon rolls
Make tossed salad
Make hot beverages
Make hamburger
Broil a steak
Clean refrigerator

Make a casserole

Clean oven and stove

Carve Meat

Plan and shop for groceries for a week

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance
Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule
Make savings or checking account deposit
Use a simple budget
Return item to store properly
Write a check
Balance a checkbook
Understand Cell Phone costs
Understand what household bills must be paid – rent, utilities, phone, etc.

Navigation and Auto

Know address
Mapquest
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly
Polish car
Fill car with gas

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
Know emergency first-aid procedures
Understand uses of medicine and seriousness of overuse
Plan a small party
Properly hang something on a wall
Know differences between latex, enamel paint, wood stains and poly-urethane
Paint a room
Type
Change furnace or air conditioner filter
Contact landlord with problem and follow through; know about renter's insurance
Organized spring cleaning
Arrange for services such as trash removal, insect extermination

Sixteen Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts
Purchase own grooming supplies

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing
Basic spot removal
Iron clothing
Hand-wash lingerie or woolens
Simple mending buttons and holes
Take clothes for dry cleaning
Simple sewing

Household

Clear off own place at table
Wipe up a spill
Dust furniture
Set table
Clear table
Pick up trash in yard
Shake area rugs
Spot-clean walls
Clean TV screen and mirrors
Empty wastebaskets
Sweep porches, patios, walks
Clean toilet
Scour sink and tub
Wipe off chairs
Load and turn on dishwasher
Empty dishwasher and put dishes away
Know differences and uses of various household cleaners
Wash and dry dishes by hand
Clean combs and brushes
Clean total bathroom
Scrub or mop floor
Use vacuum cleaner and put away
Clean pet cages and bowls
Take written telephone messages
Use broom, dustpan
Vacuum upholstery and drapes

Water/dust house plants
Water grass
Fold blankets neatly
Wash car
Weed garden
Change bed linens
Replace light bulbs, understand wattage
Clean fireplace
Polish silverware
Replace fuse or know where breakers are
Oil squeaky door
Change vacuum bag
Trim trees, shrubs
Mow lawn
Wash windows
Place long distance calls
Place collect calls
Unstop a drain with chemicals or plunger
Polish wood furniture
Install a lock
Scrub down walls
Wax a floor
Clean bathroom tile
Caulking
Know what to look for in household appliance

Cooking

Basic nutrition knowledge
Put groceries away
Make juice from concentrate
Make a sandwich
Read a recipe
Pake a cold lunch
Boil eggs
Scramble eggs
Distinguish between good and spoiled food
Bake a cake from mix
Cook frozen, canned egetables
Mix pancakes
Read ingredient labels wisely
Plan a balanced meal
Select and prepare fresh fruits and vegetables
Make smoothies
Bake cookies
Bake muffins or biscuits, cinnamon rolls
Make tossed salad
Make hot beverages
Make hamburger
Broil a steak
Clean refrigerator
Make a casserole
Clean oven and stove
Carve Meat
Plan and shop for groceries for a week
Cook a roast or chicken

Money

Know monetary denominations, penny, dime, etc.
Freedom to use a small allowance

Make change and count change
Compare quality and prices
Choose a charity and plan a giving schedule
Make savings or checking account deposit
Use a simple budget
Return item to store properly
Write a check
Balance a checkbook
Understand what household bills must be paid – rent, utilities, phone, etc.
Understand Cell Phone costs
Use credit and debit card wisely

Navigation and Auto

Know address
Mapquest
Know phone number(s)
Read a map
Clean interior of car
Oil bicycle
Repair bicycle tire
Wash car properly
Polish car
Fill car with gas
Fill radiator
Recognize warning lights on dashboard
Change flat tires
Fill tires with air
Drive
Know procedures to follow after a wreck
Know consequences of DWI and MIP

Other

Make emergency call such as ambulance, police, or fire department
Learn to swim as well as diving safely – feet first into unknown depths
Check book out of library
Know emergency first-aid procedures
Understand uses of medicine and seriousness of overuse
Plan a small party
Properly hang something on a wall
Know differences between latex, enamel paint, wood stains and poly-urethane
Paint a room
Type
Change furnace or air conditioner filter
Contact landlord with problem and follow through; know about renter's insurance
Organized spring cleaning
Arrange for services such as trash removal, insect extermination
Clean water heater and, if gas, light it
Shampoo carpets

Seventeen Years

Personal Care

Put pajamas away
Pick up toys
Undress self
Comb hair
Wash face, hands
Brush teeth
Tidy up bedroom
Dress self
Make own bed
Clean, trim nails
Floss teeth
Leave bathroom neat after use
Wash and dry own hair
Arrange for own haircuts
Purchase own grooming supplies

Pick out doctor or dentist

Make appointment

Clothing Care

Empty hamper, put clothes in wash area
Put away clean clothes
Clean own drawers
Clean own closet
Fold, separate clean laundry
Fold clothes neatly, without wrinkles
Sort clothes by color, dirt, fabric content
Wash clothes in machine
Operate electric clothes dryer
Clean lint trap and washer filter
Shop for clothing
Basic spot removal
Iron clothing
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