

# LIFE SKILLS BY AGE

## AGES 2-3

- Put toys away
- Get dressed (with assistance)
- Put dirty clothes in the hamper
- Participate in setting the table
- Use a fork, spoon, and butter knife
- Carry plate to the sink after meals
- Brush teeth and wash face (with assistance)
- Wipe up spills (with assistance)
- \_\_\_\_\_
- \_\_\_\_\_

## AGES 8-9

- See to personal hygiene tasks without being reminded by an adult
- Clean and trim nails
- Use a broom, mop, and vacuum properly
- Perform simple sewing tasks
- Help create a grocery list
- Read a recipe and use it to prepare a simple dish
- Order food in a restaurant
- Take written phone messages
- Help with simple yard care duties (watering, weeding gardens, etc.)
- Set an alarm clock and get out of bed on time
- Count back money and make change
- Decide whether to give, save, or spend money (with some assistance)
- \_\_\_\_\_
- \_\_\_\_\_

## AGES 16-18

- Menu plan and prepare a wide variety of meals
- Perform sophisticated cleaning and maintenance tasks (unclogging drains, removing debris from gutters, etc.)
- Perform basic car care (fill up with gas, change and add air to tire, etc.)
- Schedule oil changes and other car maintenance tasks
- Use a cab service
- Read and understand medicine labels and dosages
- Make regular doctor and dentist appointments

## AGES 4-5

- Perform simple cleaning tasks (dusting easy-to-reach places, wiping fronts of lower cabinets, etc.)
- Participate in basic laundry tasks (sorting clothes, matching and folding socks, etc.)
- Select own clothing and get dressed
- Brush teeth, wash face, and comb hair (with minimal assistance)
- Make the bed
- Feed and water pets
- State full name, address, and phone number
- Make an emergency call
- Perform basic swimming skills
- \_\_\_\_\_
- \_\_\_\_\_

## AGES 10-12

- Use the clothes washer and dryer
- Iron clothes
- Change bed sheets
- Plan and prepare a meal with a few ingredients
- Read labels on foods, cleaners, medications, and other products (with some assistance)
- Use basic hand tools
- Mow the lawn
- Stay home alone
- \_\_\_\_\_
- \_\_\_\_\_

- Fill out a job application and create a resume
- Interview for and get a job
- Understand the basics of insurance (car, renters, health, etc.)
- Understand a wide variety of financial matters (how to balance a checkbook, how to pay bills, etc.)
- Read and understand basic contracts (apartment leases, utility agreements, etc.)
- Use reliable sources to check the veracity of information gleaned from the news, blogs, and social media
- \_\_\_\_\_
- \_\_\_\_\_

## AGES 6-7

- Make bed without assistance
- Fold and put away clothes
- Bathe without supervision
- Tidy up the bathroom after using it
- Safely use basic household cleaners
- Help with putting away groceries
- Mix, stir, and safely use a knife to slice foods
- Make a basic meal (a sandwich, scrambled eggs, etc.)
- Serve food
- Wash and put away the dishes
- Identify monetary denominations and understand how money is used
- \_\_\_\_\_
- \_\_\_\_\_

## AGES 13-15

- Plan and prepare a meal with several ingredients
- Use the oven to broil or bake foods
- Complete somewhat sophisticated cleaning and maintenance tasks (changing light bulbs, cleaning the oven, etc.)
- Look after younger siblings or neighbors
- Perform CPR and basic first aid
- Make purchases at the store
- Compare prices
- Tip appropriately
- Understand banking concepts (the difference between a checking and savings account, how interest works, etc.)
- Use a planner for time management
- Set goals and develop a plan for achieving them
- \_\_\_\_\_
- \_\_\_\_\_

*Each child is unique, so the ages listed should only be used as a guide. Some children may be ready to learn certain life skills at younger ages, while others may not be ready to learn these until they are a bit older. Use your discretion.*

Sources: Shannon Coleman, Family Education (<https://www.familyeducation.com/life/individuality/i-did-it-all-myself-age-age-guide-teaching-your-child-life-skills-0>), and Focus on the Family (<http://www.focusonthefamily.com/parenting/teens/life-skills/life-skills-checklist>).