

IEP for Home: Assessing Your Child's Life Skills

Fill out and share with your child's doctor, teachers, other professionals, or parents to get suggestions on how to help your child build these important life skills.	Child's Name: _____ Age: _____ Date: _____						
	Frequency: <i>How often does your child use this skill?</i>			Level of Support: <i>How much assistance does your child need to use this skill?</i>			
	Always or very often	Sometimes	Rarely or never	No help needed	Needs 1 or 2 prompts	Told step-by-step	Physical support
1. Having Fun as a Family							
Spend time each day cuddling/relaxing with you							
Enjoy having conversations with you and as a family							
Enjoy doing fun activities together, like playing a game							
Enjoy doing household activities together, like cooking							
2. Sleeping							
Wake up at a set time at least five days a week							
Go to bed at a set time at least five days a week							
Get enough sleep (9–11 hours for most kids and teens)							
Get enough naptime (not usually needed after age 5)							
Sleep alone through the night, not co-sleep with you							
3. Eating							
Eat foods with different flavors and textures							
Eat on a schedule instead of snacking all day							
Eat healthy foods, like fruits, veggies, and whole grains							
Use good manners, like chew with mouth closed							

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4. Movement							
Play or exercise with family members or peers							
Play or exercise vigorously at least three times a week							
Do an organized activity, like join a team or take a class							
5. Following Routines							
Evening: undressing, bathing, brushing teeth, bedtime							
Morning: dressing, eating, brushing teeth, getting out the door							
Backpack: packing, putting in the same grab-and-go spot							
Tidying up: cleaning bedroom, clearing kitchen table							
6. Following Rules							
Respect safety rules at home (sharp objects, poisons)							
Respect safety rules in the community (crossing the street)							
Respect "first-then" rules ("First work, then play")							
Respect rules for privileges (playtime, screen time)							
Respect rules for special privileges (new toys, outings)							
7. Making Friends							
Use greetings and express interest in socializing							
Play successfully alongside peers (parallel play)							
Take turns and share toys with peers in board games and imaginary play							

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7. Making Friends (continued)							
Take turns with peers in conversations							
Resolve conflicts							
8. Homework							
Do homework for agreed-upon number of minutes							
Do homework without getting overly frustrated							
Try all types of homework (reading, writing, math)							
Finish all homework							
Spend time looking for and correcting errors							

Next Steps

Use the goal-setting worksheet in this toolkit. When choosing your first goal, hold off on the hardest stuff. Focus on a skill you and your child both agree would be easy or fun to work on.

Aim to reduce your level of support. Use checklists and other tools or strategies as you move away from physically helping your child do certain tasks or providing step-by-step verbal support.

Break tasks down into smaller steps. For a strong start, help your child focus on doing two or three steps really well, and then build up from there.

Be patient. Start out by giving your child lots of time to complete a task. You can work on speed later.