

HELP® 3-6 Assessment Strands (2nd Ed.): Observing at Home

Part of Daily Routine	HELP 3-6 Strands	Example Observation Opportunities
Getting Ready	1-13 Time	Matching a clock to daily activities
	2-2 Following Directions	Carrying out the tasks of getting ready for the day
	6-2A Dressing	Dressing for the day, putting on a jacket when time to leave
	6-2B Undressing	Removing pajamas
	6-5 Grooming	Washing and drying hands and face, combing/brushing hair
	6-6 Toileting	Toileting after waking up
	6-8 Oral Hygiene	Brushing teeth after waking up
Meal Times	5-6 Social Manners	Requesting or passing food, using table manners
	5-7 Social Language	Using polite words, participating in conversations
	6-3A Eating	Serving self, preparing foods to be eaten
	6-3B Drinking	Cleaning spills, drinking with a straw
Bath Time	2-2 Following Directions	Carrying out the tasks of taking a bath or shower
	6-2A Dressing	Putting on clothes after a bath or shower
	6-2B Undressing	Removing clothes before a bath or shower
	6-5 Grooming	Cleaning body, drying off, and using a towel
Bed Time	1-9 Reading Readiness	Listening to or reading a bedtime story
	2-2 Following Directions	Carrying out the tasks of getting ready for bed
	6-2A Dressing	Removing clothes worn during the day
	6-2B Undressing	Putting on pajamas
	6-6 Toileting	Toileting before bed time
	6-8 Oral Hygiene	Brushing teeth before bed time

HELP® 3-6 Assessment Strands (2nd Ed.): Observing at Home, Continued

Part of Daily Routine	HELP 3-6 Strands	Example Observation Opportunities
Throughout the Day	0.0 Self Regulation	Managing feelings, cooperating with others, changing activities
	1-8 Attention	Starting and focusing on tasks
	1-13 Time	Matching a clock to daily activities
	2-1A Receptive: Understanding Words	Answering questions, responding to requests
	2-2 Following Directions	Carrying out tasks when directed
	2-3 Expressive Vocabulary	Conversing during meals or play, responding to questions
	2-4B Communicating with Others: Verbally	Talking with others, answering questions, describing a TV show
	2-8 Sign Language Skills	Imitating and producing signs for objects, actions, and people
	2-9 Speech Reading Skills	Responding to cues and communication from others
	3-9 Wheelchair Skills	Traveling through the house, yard, or other settings
	5-1 Attachment/Adaptive Skills	Transitioning between active/quiet activities, transitioning between preferred/non-preferred activities
	5-2 Self Identification	Naming birthday, talking about family or address
	5-4 Responsibility/Rules	Behaving as requested, following rules, respecting property
	5-7 Social Language	Using polite words, participating in conversations
	5-8 Personal Welfare/Safety	Playing outside, going in public, riding in a car or bus
	6-5 Grooming	Washing and drying hands and face
	6-6 Toileting	Toileting as needed throughout the day
6-9 Nasal Hygiene	Wiping or blowing nose as needed throughout the day	
In Public	0.0 Self Regulation	Sitting or waiting in line, adjusting behavior to match situation
	1-9 Reading Readiness	Naming letters on signs or menus, reading simple words
	1-10 Math Readiness	Naming coins, identifying numbers on price tags or signs
	3-8 Swimming	Supervised swimming at a public pool or lake
	5-4 Responsibility/Rules	Behaving as requested, following rules, respecting property
	5-5 Social Interactions and Play	Playing with other children at parks, play groups, libraries, etc.
	5-7 Social Language	Using polite words, participating in conversations
	5-8 Personal Welfare/Safety	Playing at a park, crossing a street, riding in a car or bus
	6-6 Toileting	Toileting as needed in a public restroom

HELP® 3-6 Assessment Strands (2nd Ed.): Observing at Home, Continued

Part of Daily Routine	HELP 3-6 Strands	Example Observation Opportunities
Play Time	1-4D Problem Solving/Reasoning	Offering solutions to problems with materials
	1-7A Classification: Matching/Sorting	Matching games, sorting objects
	1-7B Classification: Size	Comparing weights, grouping objects by size
	1-7C Classification: Associative	Grouping items by texture, category, or function
	1-8 Attention	
	1-9 Reading Readiness	Telling a story while looking at pictures, letter/sound games
	1-10 Math Readiness	Counting games, reading numbers on a toy phone or thermometer, naming coins during “store” play
	1-11 Writing Skills	Drawing or writing letters in sand, copying simple words during “restaurant” play, writing labels for block structures
	1-12 Dramatic Play	Role playing (with or without props), playing with dolls or action figures
	2-7 Communicating through Rhythm	Dancing or moving to music, singing, using instruments
	3-7A Balancing/Standing	Kicking, balancing
	3-7B Walking/Running	Running, using stairs, navigating an obstacle course
	3-7C Jumping	Hopping, jumping, skipping
	3-7F Catching/Throwing	Playing catching/throwing games with balls
	3-7G Bilateral Play	Riding tricycles, swinging, tumbling tricks
	3-7H Balance Beam	Balancing on a line or balance beam
	4-6A Pre-Writing	Drawing pictures, using pegs and pegboards
	4-6B Blocks/Puzzles	Stacking and building with blocks, completing puzzles
	4-6D Paper Activities	Gluing activities, paper folding activities
	4-7C Stringing Beads	Stringing beads, patterning with stringing beads
	4-7D Scissors	Cutting paper and cloth, cutting out pictures
	4-8 Perceptual Motor: Tactile	Feely box activities
	5-5 Social Interactions and Play	Playing with siblings, sharing toys, taking turns, playing simple board games