

Tools to Grow at Home

Self-Help Skills: What to Expect Next Toddler – School Age Children

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DRESSING SKILLS GUIDE

Remember each child is unique and will develop at his or her own rate.
Use the guide as a tool to learn what step is next and how to help your child move to the next stage.

AGE	DRESSING SKILLS
12 – 18 MONTHS	<ul style="list-style-type: none">• Cooperates by holding arm out for sleeves and puts foot up for shoes• Pushes arms through sleeves and legs through pants• Begins to get undressed• Pulls socks and shoes off• Removes hat
24 – 30 MONTHS	<ul style="list-style-type: none">• Gets undressed with help for fasteners and sequencing• Helps pull up elastic waist pants• Unbuttons one large button
30 – 36 MONTHS	<ul style="list-style-type: none">• Tries to put on socks• Puts on front-button shirt (without buttoning)
3 – 4 YEARS	<ul style="list-style-type: none">• Gets dressed and undressed with minimal help (using no-tie shoes)• Puts on shoes (may be incorrect feet)• Puts on socks with minimal assistance at times• Pulls down pants• Unzips and zips non-separating zipper• Zips down pants• Buttons large buttons• Snaps• Unbuckles
4 – 5 YEARS	<ul style="list-style-type: none">• Buckles• Connect two-part separating jacket zipper and zips up• Puts on socks correctly• Puts on shoes with minimal assistance• Knows front versus back of clothing
5 – 7 YEARS	<ul style="list-style-type: none">• Dresses without help or supervision• Ties Shoes