**Tools to Grow at Home**  
**Self-Help Skills: What to Expect Next**  
**Toddler – School Age Children**  

**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.

<table>
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<tr>
<th>AGE</th>
<th>DRESSING SKILLS</th>
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| 12 – 18 MONTHS | • 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 | • Gets undressed with help for fasteners and sequencing  
|           | • Helps pull up elastic waist pants  
|           | • Unbuttons one large button  
| 30 – 36 MONTHS | • Tries to put on socks  
|           | • Puts on front-button shirt (without buttoning)  
| 3 – 4 YEARS | • 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 | • 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 | • Dresses without help or supervision  
|           | • Ties Shoes  

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