

DRESSING SKILLS

12-18 MONTHS

- Pulling off socks
- Pulling off shoes
- Pushing arms and legs through
- Lifting foot for shoes



2 YEARS

- Puts on socks and shoes (though sometimes wrong foot)
- Pulls down elastic pants independently
- helps with pull over shirt including finding the arm holes

2.5-3 YEARS

- Identifies the front and back of clothing
- puts on shirts correctly
- buttons large buttons
- zips and unzips with assistance
- Dresses and undresses with minimal to moderate assistance



3.5-4 YEARS

- Dresses and undresses independently
- Chooses weather appropriate clothing
- Manages fasteners (zippers, buttons, etc.)

5-6 YEARS

- Dresses and undresses independently
- Ties shoe laces
- Manages more complex fasteners (hook fasteners, frog closures, etc.)



Remember the more opportunities for independence, the more opportunities to build their skills. Schedule an extra 10-15 minutes in your morning when you can to give children a chance to practice and grow!