



# Dressing Skills Guide for ages 1-6

## 1 year of age

- Cooperates with dressing (Holding out arms/ feet)
- Pushes arms through sleeve and legs through pant

## 24-36 months of age:

- Removes/ pulls down pants with elastic waist
- Assist in putting on socks
- Unbutton large buttons

## 3 1/2 years of age

- Dress with supervision and needs help with front and back of dressing
- Unbuckles shoes and belts
- Unzips front zippers
- Buttons series of buttons/ snaps, and hooks

## 4 1/2 - 5 years of age

- Able to dress independently

## 24 months of age:

- Takes off shoes with untied lace
- Helps with pull down pants
- Finds arm holes in pullover shirt

## 3 years of age:

- Buttons large buttons
- Puts on shoes but hasn't mastered the right and left
- Zips/unzips zippers once on track
- Independently pulls down pants

## 4 years of age:

- Finds fronts and backs of clothing
- Removes pullover shirt independently
- Puts on shoes and socks correctly
- Laces shoes with assistance
- Zips jacket zipper

## 6 years of age

- Master shoe tying
- Can tie bows

