

Developmental Milestones: Dressing Skills

Age	Developmental Dressing Skills/ Milestones
One Year Old	<ul style="list-style-type: none"> • Removes socks. • Can put on and take off a loose fitting hat. • Helps with dressing by pushing arms through sleeves and legs through pant opening.
Two Years Old	<ul style="list-style-type: none"> • Can to remove shoes. • Removes simple clothing such as pushing down pants or pulling of socks. • Once a shirt is over their head, they can find and push their arms through the shirt opening.
Two-and-a-half years	<ul style="list-style-type: none"> • Attempts to put on socks. • Unbuttons a large button. • Can put on easy clothing such as jackets or open-front shirts without zipping or buttoning them.
Three Years	<ul style="list-style-type: none"> • Able to put on a t-shirt with a little help. • Able to put on shoes, although the right and left orientation may be incorrect. • Able to put on socks with a little help for the correct orientation of the heel. • Able to pull down simple clothing (i.e. pants with elastic waist band) independently. • Can button large front buttons. • Able to zip and unzip a jacket if the shank is already connected.
Three-and-a-half years	<ul style="list-style-type: none"> • Able to unzip a jacket and separate the shank. • Is able to button three or four buttons. • Can unbuckle a belt with practice. • Able to find the front side of clothing and dress themselves with supervision.
Four Years	<ul style="list-style-type: none"> • Able to insert the shank together to zip up a jacket with practice. • Lace shoes. • Able to place socks on with appropriate orientation.
Five Years	<ul style="list-style-type: none"> • Able to dress independently.

Information adapted from "Developmental Pre-Dressing Checklist"- 1983 by Communication Skill Builders, Inc.