



# Developmental Dressing Sequence

Age in Years and Months	Self-Dressing Skills
<b>1 year --- 12 months</b>	<ul style="list-style-type: none"> <li>- Cooperates with dressing</li> <li>- Pulls off shoes, remove socks</li> <li>- Pushes arms through sleeves and legs through pants</li> </ul>
<b>2 years --- 24 months</b>	<ul style="list-style-type: none"> <li>- Removes unfastened coat</li> <li>- Removes shoes is laces are untied</li> <li>- Helps pull downs pants</li> <li>- Finds armholes in over- the head shirt</li> </ul>
<b>2 ½ years --- 36 months</b>	<ul style="list-style-type: none"> <li>- Puts on over- the head shirt with minimal assistance</li> <li>- Puts on shoes without fasteners (may be on wrong foot)</li> <li>- Puts on socks (may be with heel on top)</li> <li>- Independently pulls down pants</li> <li>- Zips and unzips jacket once on track</li> <li>- Needs assistance to remove over -the head shirt</li> <li>- Buttons large front buttons</li> </ul>
<b>3 ½ years --- 42 months</b>	<ul style="list-style-type: none"> <li>- Finds front of clothing</li> <li>- Snaps front fasteners</li> <li>- Unzips zipper on jacket, separating zipper</li> <li>- Puts on mittens</li> <li>- Buttons series of three or four buttons</li> <li>- Unbuckles shoe or belt</li> <li>- Dresses with supervision</li> </ul>
<b>4 years --- 48 months</b>	<ul style="list-style-type: none"> <li>- Removes pullover garment independently</li> <li>- Buckles shoes or belt</li> <li>- Zips jacket zipper</li> <li>- Puts on socks correctly</li> <li>- Puts on shoes with assistance in tying laces</li> <li>- Laces shoes</li> <li>- Consistently identifies the front and back of garment</li> </ul>
<b>4 ½ years --- 54 months 5 years --- 60 months 6 years --- 72 months</b>	<ul style="list-style-type: none"> <li>- Puts belts in loops</li> <li>- Ties and unites knots</li> <li>- Closes back zipper</li> <li>- Buttons back buttons</li> <li>- Snaps back snaps</li> </ul> <div style="text-align: right; margin-top: 10px;"> </div>