



Childhood Milestones for Getting Dressed

One year old:

- Takes off socks
- Helps with pushing arms through sleeves

Eighteen months:

- Removes shoes

Two years old:

- Helps with pushing down pants
- Helps with pulling on socks
- Pushes arms through sleeves once shirt is over head
- Removes hats
- Assists with pants by pushing legs into pants
- Unbuttons large buttons

Two-and-a-half years old:

- Attempts buttons
- Able to pull on an open front shirt or jacket with assistance
- Removes open front shirt/coat (without fasteners)

Three years old:

- Puts socks and shoes on
- Able to pull on a shirt correctly
- Able to put on shoes (may be wrong feet)
- Able to put on socks (may be incorrectly oriented)
- Able to pull up a zipper if engaged
- Able to button large buttons

Three-and-a-half years old:

- Able to unzip a jacket
- Able to unbuckle a buckle
- Able to pull shirt on and orient clothing (front to back correctly)
- Takes off shirt and pants

Four years old:

- Buttons coat or shirt
- Able to put socks on with correct orientation
- Able to initiate zipper by inserting one side into the zipper carriage

Five years old:

- Put shoes on correct feet
- Dresses independently

Six years old

- Zips/unzips independently
- Ties shoes

Seven years old:

- Chooses clothing appropriate to the weather
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