



## What Dressing Skills Should My Child Have?

### **2 years:**

- Removing their coats
- Removing untied shoes
- Help push down garments
- Find armholes in t-shirts

### **2 1/2 years:**

- Attempting to put on socks
- Unbuttoning one large button

### **3 years:**

- Putting on shirts with assistance
- Putting on shoes without fasteners
- Putting on socks with assistance –turning the heel
- Independently pulling down a garment
- Zip and unzip jacket
- Button large front buttons

Check your child's motor and self-help development on our checklist of developmental milestones. Go to [www.cslot.com](http://www.cslot.com) and click Occupational Therapy on our home page.