



What Dressing Skills Should My Child Have?

Dressing skills are one of many self-care skills that are essential for children to develop as they grow and develop. Focusing on dressing skills not only support a family in helping the child be more independent with this frequent task but can also foster other skills such as sequencing, logic and reasoning, and increasing fine motor development.

Below are common dressing milestones for children at different ages. A more complete checklist of developmental milestones can be found on CSLOT's website.

2 years old

- Removes coat
- Removes untied shoes
- Helps push down garments
- Finds armholes in t-shirts

2 1/2 years old

- Attempts to put on socks
- Unbuttons one large button

3 years old

- Puts on shirts with assistance
- Puts on shoes without fasteners
- Puts on socks with assistance –turning the heel
- Independently pulls down a garment
- Zips and unzips jacket
- Buttons large front buttons

4 years old

- Puts on socks with heel placement
- Puts on shoes with little assistance
- Buckles shoes and belts

5 years old

- Puts shirt on correctly
- Puts belt in loop
- Unties a tie on an apron (behind self)

6-7 years old

- Buttons own buttons
- Dresses and undresses without assistance
- Ties own shoes