


Typical Development Sequence for Dressing

AGE (years)	SELF DRESSING SKILL
1	<ul style="list-style-type: none"> ▪ Cooperates with dressing (holds out hands and feet) ▪ Pulls off shoes, removes socks ▪ Pushes arms through sleeves and legs through pants
2	<ul style="list-style-type: none"> ▪ Removes unfastened coat ▪ Removes shoes if laces are untied ▪ Helps pull down pants ▪ Finds armholes in pullover shirt 
2 1/2	<ul style="list-style-type: none"> ▪ Removes pull-down pants with elastic waist ▪ Assists in pulling on socks ▪ Puts on front-button collar shirt ▪ Unbuttons large buttons
3	<ul style="list-style-type: none"> ▪ Puts on pullover shirt with minimal assist ▪ Puts on shoes without fasteners ▪ Puts on socks ▪ Independently pulls down pants ▪ Zips & unzips jacket once on track ▪ Needs assistance to remove pullover shirt ▪ Buttons large front buttons
3 1/2	<ul style="list-style-type: none"> ▪ Finds front of clothing ▪ Snaps or hooks front fastener ▪ Unzips zipper on jacket, separating zipper ▪ Puts on mittens ▪ Buttons series of three or four buttons ▪ Unbuckles shoe or belt ▪ Dresses with supervision
4	<ul style="list-style-type: none"> ▪ Removes pullover garment independently ▪ Buckles shoes or belt ▪ Zips jacket zipper ▪ Puts on socks/shoes correctly ▪ Laces shoes
4 1/2	<ul style="list-style-type: none"> ▪ Puts belt in loops
5	<ul style="list-style-type: none"> ▪ Ties and unties knots
6	<ul style="list-style-type: none"> ▪ Closes back zipper ▪ Ties bows ▪ Buttons back buttons ▪ Snaps back snaps

Source: Case-Smith, 2005