



By age 1:

- **Hold out their arms and legs** and **begin** pushing them through the holes
- Start **taking off** socks and shoes
- Can **put on** and take off a loose fitting hat



By age 2:

- **Remove** their jacket if not fastened
- **Remove** their shoes if the laces are not tied
- Help with **pulling down their pants**
- Find the armholes in a shirt when placed over their head



By ages 3-4:

- **Undresses** independently
- Able to **button and unbutton** large, easy - to - get - to buttons
- Can **unzip zippers**, needs help with other clothing fasteners such as engaging zippers, snaps and clasps
- Puts **shoes on** correct feet but likely needs help with putting on socks
- **Manages** boots, mittens and hats

Information adapted from Partnering for Change team, CanChild, McMaster University (2013) *Dressing Skills and the JK/SK Student – Lunch & Learn.*

By ages 4-5

- **Dresses/undresses** independently except for back buttons and shoelaces
- Able to **engage** and zip zippers
- Buttons, snaps and clasps at top of pants can **remain challenging**
- Inside out clothing can be a challenge



By ages 5-6:

- **Ties shoelaces** (may be later now due to velcro and other shoe fastening options)
- Can **manage most clothing fasteners**, although tight waistbands with buttons, snaps or clasps may still be a challenge

