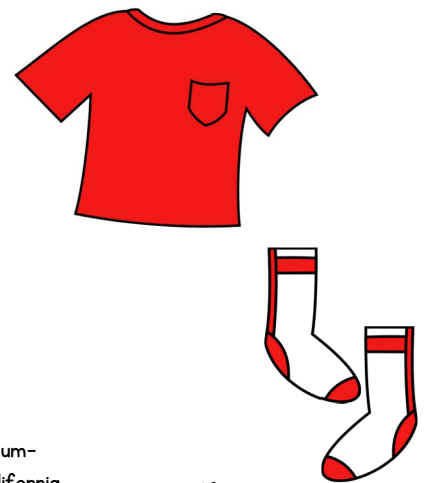


# Tools to Grow at Home



Early Intervention

## Dressing Tips: What to Expect Next Chart



### References

Parks, Stephanie (2004). HELP Strands Curriculum-Based Developmental Assessment, Palo Alto, California  
VORT Corporation

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<http://www.teacherspayteachers.com/Store/Ink-N-Little-Things>

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# Tools to Grow at Home

## Dressing Skills What to Expect Next

Your child is developing dressing skills in this range. Remember each child is unique and will develop at his or her own rate. Use the guide as a tool to learn what step is next and how to help your child move to the next stage.

| AGE            | DRESSING SKILLS   |
|----------------|---|
| 12 - 18 MONTHS | <ul style="list-style-type: none"> <li>◆ Cooperates by holding arm out for sleeves &amp; puts foot up for shoes</li> <li>◆ Pushes arms through sleeves &amp; legs through pants</li> <li>◆ Begins to get undressed</li> <li>◆ Pulls socks &amp; shoes off</li> <li>◆ Removes hat</li> </ul>   |
| 24 - 30 MONTHS | <ul style="list-style-type: none"> <li>◆ Gets undressed with help for fasteners &amp; sequencing</li> <li>◆ Helps pull up elastic waist pants</li> <li>◆ Unbuttons one large button</li> </ul>  |
| 30 - 36 MONTHS | <ul style="list-style-type: none"> <li>◆ Tries to put on socks</li> <li>◆ Puts on front-button shirt (without buttoning)</li> </ul>   |
| 3 - 4 YEARS    | <ul style="list-style-type: none"> <li>◆ Gets dressed &amp; undressed with minimal help (using no-tie shoes)</li> <li>◆ Puts on shoes (may be incorrect feet)</li> <li>◆ Puts on socks with minimal assistance at times</li> <li>◆ Pulls down pants</li> <li>◆ Unzips &amp; zips non-separating zipper</li> <li>◆ Zips down pants</li> <li>◆ Buttons large buttons</li> <li>◆ Snaps</li> <li>◆ Unbuckles</li> </ul> |
| 4 - 5 YEARS    | <ul style="list-style-type: none"> <li>◆ Buckles</li> <li>◆ Connect two-part separating jacket zipper and zips up</li> <li>◆ Puts on socks correctly</li> <li>◆ Puts on shoes with minimal assistance</li> <li>◆ Knows front versus back of clothing</li> </ul>   |
| 5 - 7 YEARS    | <ul style="list-style-type: none"> <li>◆ Dresses without help or supervision</li> <li>◆ Ties Shoes</li> </ul>   |