

Developmental Ages for Self-Care Skills

Age	Dressing & Self-Care Skills
1-0	Helps to pull of simple clothing and extends arms and legs to help with dressing
1-5	Helps dress and undress self
2-4	Brushes teeth somewhat
2-5	Undresses with help only for fasteners and pullovers with narrow necks
2-6	Gets dressed with help
2-8	Pours accurately
2-11	Dresses self with help with fasteners
3-4	Dresses or undresses without help
3-6	Puts shoes on completely, on correct feet
3-7	Brushes teeth with horizontal and vertical motions
4-0	Unbuttons 1 or more buttons
4-3	Dresses and undresses when requested without much help
4-7	Brushes teeth quite well
4-7	Zips most zippers
5-0	Ties shoes
5-0	Dresses and undresses adequately without help
5-6	Prefers to use R or L hand
5-6	Brushes or combs hair well
5-11	Dresses and undresses quite well without help

This information was retrieved from the following sources:

- Beery VMI Developmental Stepping Stones
- Peabody Motor Development Chart