

Teaching Your Child to Get Dressed

At WOW our goal is to prepare every child for kindergarten. With your help we can help your child learn a major self care milestone-getting dressed! Please start working on having your child dress themselves using the age expectations below!

At 1 year old

Your child can push their own arms and legs into shirts and pants
They can also place a hat on their head

At 2 years old

They can help with their pants, pulling them up and down
They can put on sandals or slippers
They can pull up on underwear or pullups

At 3 years old

Children can begin to learn to button, snap and zip, with some support
They can choose their own weather appropriate clothing
They can pull on shoes, although may need support getting them on the right feet
They can pull on a t-shirt
They can help put on socks!

At 4 years old

Your child can learn which shoe goes on which foot
They can put on their own shoes

At 5 years old

Children can get fully dressed by themselves
Children can learn how to tie shoes!