

Helping your child learn to dress

There are a lot of simple tips you can try to help your child learn how to dress themselves-

- *Give lots of praise for practicing skills, even if they are not always successful.
- *Start with undressing, this is easier and you will have more time than in the morning, although remember your child may be tired.
- *Try to follow the same sequence when dressing and place clothes in an ordered pile, for example from head to toes.
- *Take it one step at a time. For example, your child may be able to place their shoes on their feet, but may need you to fasten the Velcro straps.
- *Try not to watch all the time, children may try more when left alone.
- *Rather than automatically correcting mistakes, ask your child to look (maybe in a mirror) and feel if it is correct – then encourage them to identify and sort out what needs to be done. For example, a t-shirt needs pulling down or shoes ‘feel wrong’ because they are on the opposite feet.

Putting on a Coat

The "Coat Flip" Method: slip and flip and pull.

Lay the coat on the floor with the inside facing up and the hood or collar closest to the child's feet.

Have the child stand and put their arms into the sleeves.

Instruct the child to flip the coat over their head with a quick movement.



Putting on a Coat

Using a Chair:



Place the coat over the back of a chair with the inside facing the child.

Have the child sit in the seat and put their arms in one by one...



Putting on a Coat

Using the Hood:

Have the child put their hood on their head.



Now they put one arm in, followed by the other.



Putting on a Jumper

Big Jumper:

Start with larger jumpers for children to
follow the steps of 'head first
And then 'slide in the arms.'

Teach the last step
first (**backward chaining**) for easier mastery.



Putting on a Jumper

Loop and tube practice:

Put loops of lycra or pop tubes on your child's arms or legs to practice pulling them on and off like a shirt or trousers.



• "Toy-pull" game:

- Put elastic bands around the cuffs of an adult-sized jacket or jumper and hide small toys inside the sleeves. The child has to put their arm in and pull the toy out.



Putting on a Jumper

Backward chaining steps:

1. Break the task down into small steps. You may find it helpful to do the task and write down each action as a step.
2. Complete all the steps of the task for your child, except the last step.
3. Teach your child the last step. You can help your child by showing them, telling them or doing the action with them.
4. Practice this step until your child can do it without your help.
5. Complete all the steps for your child, except the last two steps.
6. Teach them the second last step and let them complete the last step.
7. Once they have mastered the second last step, complete all the steps except the last three for your child.
8. Teach them the third last step and let them do the last two steps themselves.
9. Repeat until they can do all the steps.



Putting on a Socks

Practicing tucking thumbs:

1. Cut the top off a sock. You will need to make sure that the elastic is still attached.
 2. Put the sock top or scrunchie on your child's ankle.
 3. Encourage your child to put their thumbs either side of the sock top or scrunchie.
 4. Stretch the sock top or scrunchie wide.
 5. Pull the sock top or scrunchie down your child's legs and off their foot.
- Once your child is used to tucking their thumbs in to pull off socks, you can start practicing putting socks on and taking them off.



Putting on a Socks

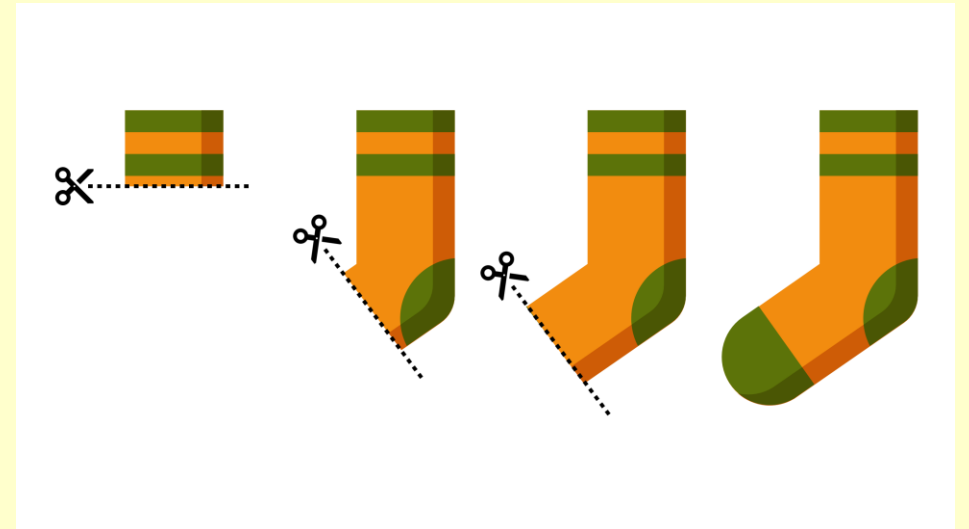
Using old socks:

You will need to cut a pair of old socks in the following ways:

1. Cut the top off, keeping the elastic.
2. Cut the foot off, keeping the heel.
3. Cut the toes off.

Encourage them to start with just the top of the sock. When they are comfortable using the top of the sock, they can move onto using the sock with the foot cut off. They can then move onto the sock with the toes cut off. Then they can move onto a normal sock.

Using socks with a coloured heel and toe can help your child to accurately position the sock.



Putting on a Tights

The "Wiggle Dance":

Turn the process into a "wiggle dance." Encourage them to wiggle their toes, then their ankles, and then their knees to get the tights to go on.

Sit down: Have the child sit on the floor or a low stool to give them stability.

Stretch the opening: Before putting their foot in, have them use their thumbs to stretch the opening of the tights to make it easier to get their foot through.

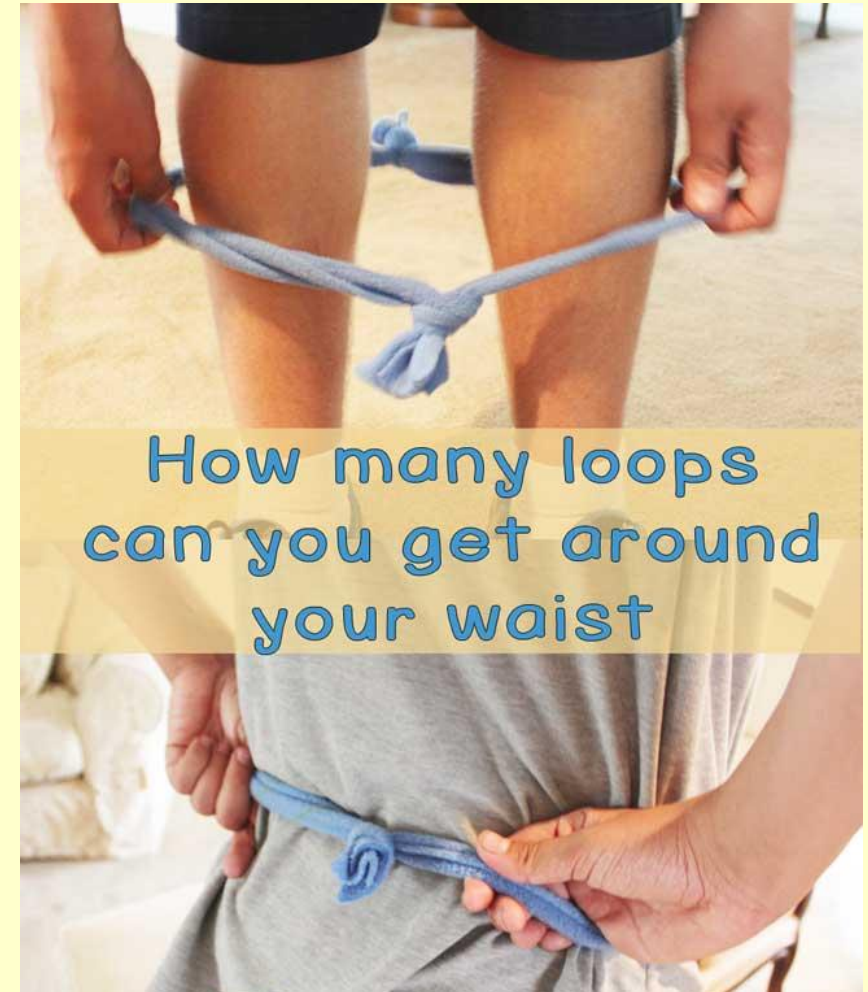
Roll them up: Roll up the tights from the top down to the toe so that it's easier to pull the rest of the way.



Putting on a Trousers

Pulling up Trousers:

Use a hoop or stretchy material tied into a circle for children to step into and practice pulling up their trousers or tights.



How many loops
can you get around
your waist

Putting on a Trousers

Pulling up Trousers:

When kids have difficulty reaching the back of their trousers to pull them up, put stickers all over the back of their pants and see if they can get them all off.

Clothes pegs work similarly to the stickers as you can clip them all over the clothes in hard to reach places in order to work on reaching those spots.

