

Dressing

Strategies to try:

- Start with taking off easy to remove clothes like pyjama bottoms, loose t-shirts or jogging bottoms. It is easier to start with clothes with no fastenings.
- Let your child help select what they are wearing, this will motivate them more to practice dressing.
- Help your child organise their clothes to help them identify what items of clothing needs to be put on first, e.g. pants before trousers.
- Encourage your child to practice dressing /undressing with dress up clothes or their dolls and teddies.
- Using a mirror might be helpful after dressing to check correct placement of clothing.
- Try not to practice dressing when you are busy or rushing.
- Play Simon Says to help identify various body parts.

Children should be encouraged to participate in dressing from a young age to help develop this skill. This can be started early by talking about where clothes go when you are dressing them. Children will be required to undress/dress for P.E activities at school, therefore it is important that children become confident with this task.



Encourage your child to assist in the dressing and undressing process and talk through what is happening.

Practice undressing and dressing with baggier clothing such as pyjamas or joggers and a t-shirt.

Encourage taking off shoes, socks and unfastened coat independently.

Support your child to help lay out their clothes, practise and make it fun by placing clothes out on an outline of a person.

Practice putting on front opening jacket or cardigans.

Practice putting on shoes then help with fastenings.

Practice putting on loose fitting socks or socks with no heels as it may take time to master the heel placement.

