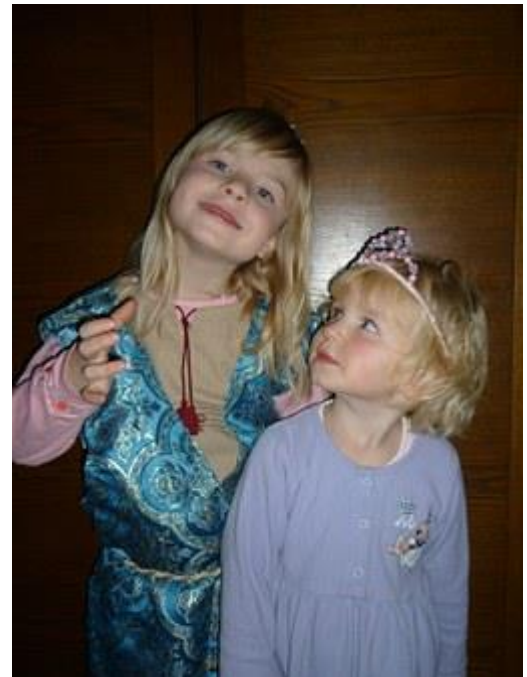


I am ready for school 😊

Self-dressing skills

Here are some tips for helping children learn to dress themselves.

- Provide time and opportunity to practice when you are not in a rush and try to make it fun.
- Let the child practice removing clothes first as this is easier
- There is usually more time at bedtime and pyjamas are easier than day clothes to manage to begin with.
- Encourage the child to push their arms through sleeves once a top is over their heads
- Put trousers/pants on over the child's feet then encourage the child to pull them fully up.
- Sit the child down to put pants, socks and shoes on or to take them off.
- Play with dressing up clothes. Buy clothes from charity shops as commercial dressing up clothes are expensive and less creative.
- Dolls clothes with lots of different types of closures (velcro, buttons, zips etc.) for the child to practice are available or can be made:
- Buy clothes designed to be easier to begin with e.g. with elasticated waists; Velcro closures on shoes; poppers as they are easier than buttons.
- Put the clothes out ready so they are in the right order for putting on.
- Always show the child the same way to do it e.g. 'head through first, then arms'.
- Help the child without taking over if they struggle e.g. put the socks over the toes and encourage the child to pull them fully on.
- Teach your child how to tell if they are on the right way e.g. buttons at the front, label at the back of the neck. Using a mirror may help.



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