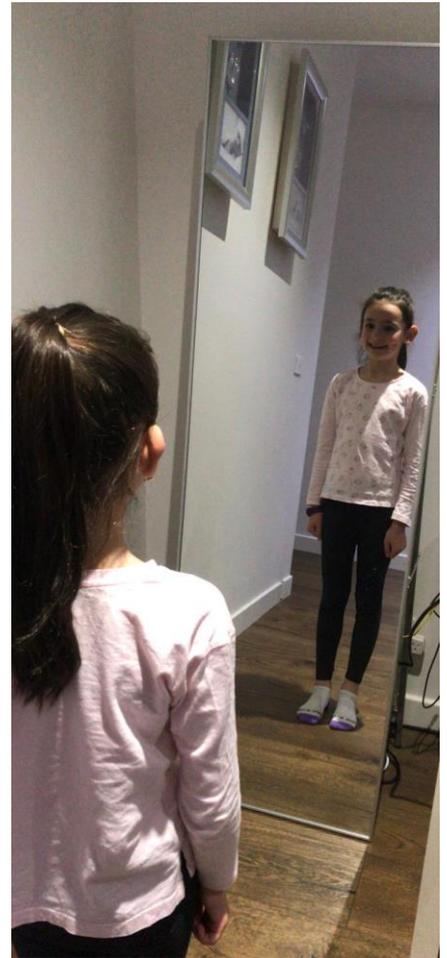


Getting Dressed

General Principles

- Undressing is easier than dressing and children usually master this skill first.
- Give it time! Start with undressing before having a bath or going to bed and then practice putting on pyjamas.
We usually have a bit more time at night rather than when we are rushing in the morning.
- Make sure the child is sitting in a comfortable position. On the floor, stool or small chair.
- Sit next to, in front or directly behind your child during the activity and guide them through the steps in the task.
- Use a mirror! This provides a visual cue and can be used to check everything is correct.
- Get your child involved in the whole process – picking their clothes, talking about what is appropriate for the weather and think about how each clothing feels.
- Follow a typical sequence and technique:
 - Pick the clothes together
 - Lay them out
 - Follow the same order and talk through what you are doing.
 - Describe the actions and parts of the body “tag goes at the back, put your right foot in, put your left foot in, now stand up and pull your pants up your legs”
 - You can use pictures or a visual prompt to help your child remember the order.



Getting Dressed

*Success is really important! Children respond well to a sense of accomplishment.
Provide lots of encouragement and positive reinforcement.*

How do I help my child?

Break down the dressing activity into smaller steps. Work on one step at a time and give help where needed.

Demonstrate and explain to your child what you are doing when helping them.

Backward chaining

You begin the task and the child does the last step. Over time, the child completes more steps until they are doing it all on their own.

The child always gets the reward of finishing the task – praise, praise, praise!

Forward chaining

The child starts the task and the adult helps with other steps as needed. This is great for children who want to be independent and are really motivated.



Making sure clothes are the right way

- Choose clothing that has pictures at the front.
- Prompt your child that the 'tag goes in the back'. Encourage your child to identify the back of their clothing – you may want to make a mark or use a coloured thread.
- When laying out top garments, place the front facing downwards.
- Lay out clothing flat in front of the child and consider the order they will be putting them on.
- Shoes – Make a mark on the inside of the shoe or make a smiley face on the sole of the shoe.

