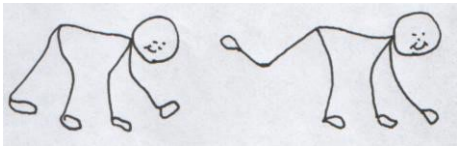





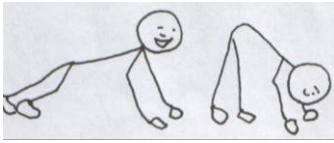
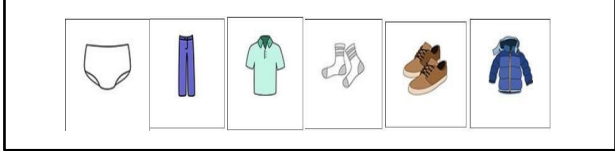
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Worksheet G

Dressing Skills

Area of Difficulty	Strategy	Tick when strategy has been tried and add comments.
<p>Child has reduced body awareness (they are likely to experience difficulty understanding where their body parts are in space, and lack control during movement-based tasks. This can make dressing challenging).</p>	<p>Adult to encourage the child to engage in games to develop body awareness:</p> <ul style="list-style-type: none"> - 'Simon says' instructing to touch / identify different parts of their body. - Asking child to imitate body positions. - Playing Twister. - Obstacle courses. - Animal walks: <p><u>Dog</u> Walk on hands and feet. Weight must be forward on hands and arms. Try 'lame dog' using two hands and one foot.</p>  <p><u>Bear</u> Assume creeping posture, progress forward and backwards, moving arms and legs of same side simultaneously. Keep the head down.</p>  <p><u>Bunny</u> Squat low on heels and place hands palm down on floor. Move the hands forward, and bring the feet forward between the hands with a little jump.</p>  <p><u>Crab</u> In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up until the head, neck, and body are in a straight line.</p>	

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	<p>Walk or run in this position. Crab football could be played with a group of children.</p>  <p><u>Inchworm</u> Support the body by hands and toes, keeping body in a straight line. With hands remaining stationary, walk the feet towards the hands, taking tiny steps. Keep the legs straight. Next, keeping the feet stationary, walk the hands forward in tiny steps until the first position is reached.</p>  <ul style="list-style-type: none"> – Songs such as head, shoulders, knees and toes to help develop body awareness. – Use a mirror during dressing to allow the child to see how their body is moving. 	
<p>Child experiences difficulty with sequencing when dressing and is unsure what to do next.</p>	<p>Use a visual dressing schedule (take photos of the child's different types of clothing and print them out to make a visual reminder of what comes next).</p>  <p>Using hand over hand guidance to help guide dressing / teach the movement patterns required to be successful in different parts of the task.</p> <p>Lay the child's clothes out in the order you want them to get dressed.</p>	
<p>Child puts clothes on inside out or back to front.</p>	<p>Place the child in front of a mirror or just ask them to see if they can identify where they have gone wrong.</p>	

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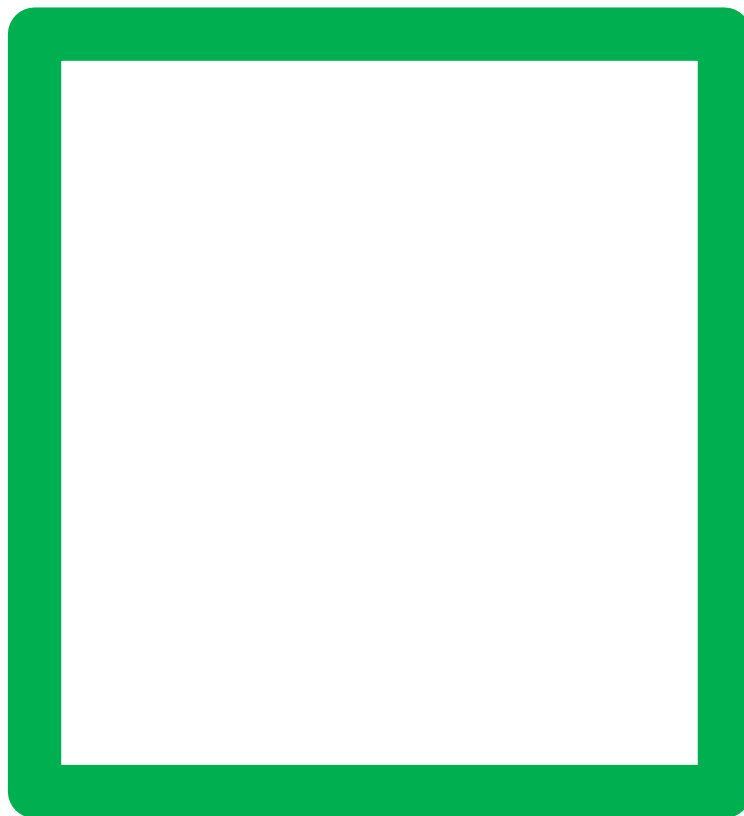
	<p>Identify that labels need to be on the inside and often the back of clothing.</p> <p>Wear t shirts or jumpers that have a picture on the front of them so that it is obvious which way round they go.</p> <p>Lay garments face down on a table / bed so the child picks it up the correct way to put it on.</p> <p>Ask the child to help sort clothes as they come out of the washing machine/tumble dryer. They can practise turning things the right way around before sorting them into piles.</p>	
<p>Reduced motivation.</p>	<p>Use a visual schedule to manage the child's expectations. Encourage your child to remove the visual of the clothes item as they dress themselves.</p> <p>You may need to use a timer to help your child stay on track and avoid becoming distracted i.e. the child has 2 minutes to get dressed before you will be back to check.</p> <p>Using 'now and next' visual format with the 'next' activity being something fun. See printable "Now and Next" below.</p> <p>Using a net / basket to throw pyjamas / old clothes into when removing them. This can be a fun game.</p>	
<p>Fastenings.</p>	<p>Practise buttons and zips on garments laid out in front of the child as they will be able to access and see the fastening more easily.</p> <p>Start by making the task as easy as possible by practising with larger buttons.</p> <p>Consider Velcro to replace buttons. Marks and Spencer offer an 'Easy Dressing School Uniform' range online, with this adaptation.</p> <p>Attach a key ring or small pieces of ribbon to a zip. This will make it easier for a child to pull the zip up and down.</p>	

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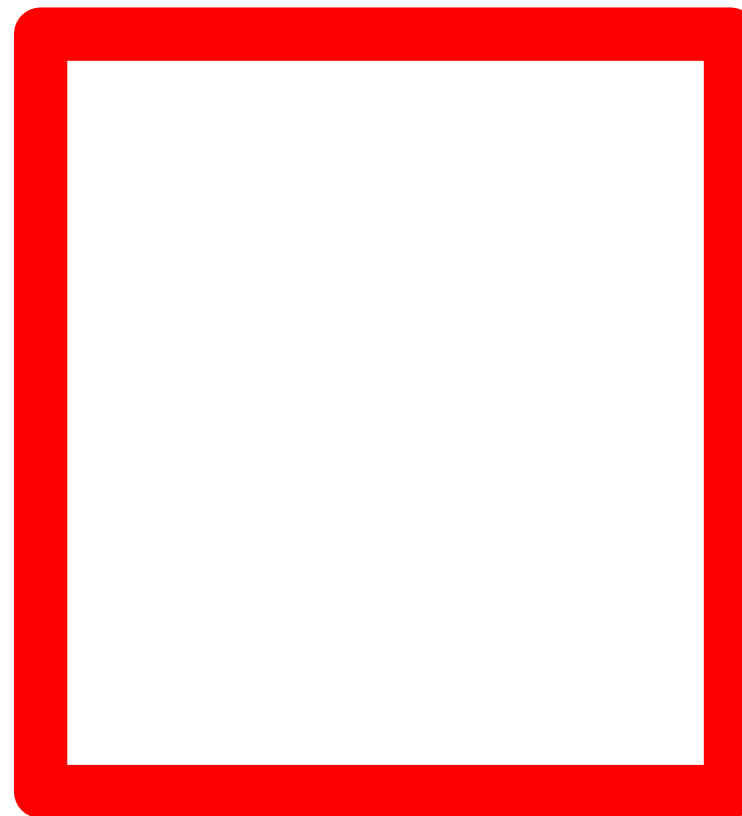
	<p>Make a clear marking on the garment to provide a visual prompt of where to hold the material when they pull the zip up with opposing hand.</p>	
<p>Child puts their shoes on the wrong feet.</p>	<p>Cut a simple picture (e.g. smiley face) in half. Stick one half in each shoe, so the child has to match the picture up to know which way round their shoes go.</p>	
<p>All.</p>	<p>Backward chaining is often considered the most useful method of teaching children how to dress, as it gives the child a sense of achievement in their dressing skills. The idea is that the adult will begin the task, but the child will finish the task off (therefore getting a sense of achievement), gradually achieving more steps along the way as their skills develop.</p> <p>Forward Chaining is where the child begins the task (when the beginning of the task is the easier part e.g. removing arms from t-shirt). The child must be motivated to complete the task if this is the approach chosen. The adult then assists with the end of the task (often the trickier part, e.g. pulling t-shirt off overhead).</p> <p>Undressing is often easier than dressing, so this is a good place to start.</p> <p>Choose clothing that will be easier for your child to practice with for example larger and t-shirts, or tracksuit bottoms rather than trousers with fastenings.</p> <p>Helpful Websites</p> <p>www.fledglings.org.uk – Suppliers of adapted clothing and alternative fastenings.</p> <p>www.asda.com – Asda - Easy On Easy Wear. School Uniform that helps with independent dressing and is sensory kind. Features: easy fastenings, pull-on styles where possible, printed care instructions (all labels removed), soft threads and non-bulky seams.</p> <p>www.marksandspencer.com – Marks and Spencers childrens easy dressing range</p>	

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****Ensure the child is well balanced and well supported before they are expected to attempt to dress themselves; consider the best position for dressing e.g. sitting/standing. Dressing practice is best completed when you and your child are not in a rush, and you have plenty of time to practice calmly****



NOW



NEXT