Children’s Therapy Services

Patient Information

**Learning to get dressed- first steps**

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| **Having fun with clothes** | **Things to try** |
|  | Dressing up games in front of a mirror. |
|   | Dress your child up in really big clothes and hats.Can your child take the clothes off? |
|    | Put on* Beads
* Bracelets
* Hats tiaras
* Hairclips

Now take them off again. |

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|   | Dress up Mummy or Daddy.Talk about what the child needs to do.For example:-‘First you put the t-shirt over Mummy’s head.’-‘Now we lift up her arm to put it in the sleeve.’-‘Is the hat the right wayround?’ |
|  | Dress up a dolly or teddy. Talk about what the child needs to do. |
|  | Play going to bed:-Wrap your child in a big sheet.-Pretend to go to sleep.-Can your child get out without help? |

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| **Knowing your body** | For dressing you really need to know your body parts! |
| **Action songs:**Image result for head shoulders knees and toes  | Sing **action songs** with body parts.Examples:-‘Head shoulders knees and toes’-‘One finger one thumb’-‘This is the way we wash our face’-‘Round and round the garden’-‘This little piggy’ |
| **Parachute games :** | Try going under the parachute-Now come out the other side |

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| **Hiding a toy:** | Put a soft ball or toy under your child’s clothes.-Try in front first-Try under clothes at the back-Can your child take the ball/ toy out? |
| **Playing with pegs:** | Put pegs on your child’s clothes.Can they take them off? |

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| **Hoola-hoop games:** | -Put a hoola-hoop over your head-Climb through the hoop-Step into a hoola-hoop- Now move it over your head |
| **Rubber ring games :** | -Move a rubber ring over your arm-Now take it off-Move a rubber ring over your leg-Now take it off-Try putting lots of rings on and off! |

**Contact details:**

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