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 way  round?’ |
|  | 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:**

Children’s Occupational Therapy

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