Children’s Therapy Services

Patient Information

**Learning to get dressed**

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| **General advice**   | Give your child enough time to dress and undress.Practice in the weekends and evenings.This will be more relaxed then when you are in a hurry to go to school. |
|  | Use a reward chart to motivate your child |
| Dressing a sensory sensitive child | Ask your child to look at what they are doing. |

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|  | Talk to your child when dressing.* Explain what to do step by step.
* Show your child what to do.
* Use hand over hand techniques.
* Use pictures.
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|  | Step by step:Break each dressing task down into many small achievable steps. |
|  | Do each step the same way every time.* This way your child knows what is going to happen.

and* Your child knows what they need to do.
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| **Sitting comfortably:**  | Make sure that your child is comfortable.Your child needs good support in sitting to help with balance.Use a small chair so that your child can have their feet on the floor.orGet your child to sit on the floor with support behind them. |
| **Looking:** | Try dressing in front of a mirror.It helps if your child can see what they are doing. |
| **Easy clothes:**  | Try easy clothes first.Examples* Loose fitting clothes
* Clothes without difficult fastenings
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| **Backwards chaining:** | You start the task and your child finishes.Example:-You put a sock over the toes and ankle-Your child finishes by pulling the sock up.-This way your child gets the pleasure of completing the task |
| **Orientation:** | Show your child that there is affront and a back to clothes.You can show that there is a picture or pattern at the front.orA label at the back.You can sew a coloured label in clothes to show what is the back. |

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| **Easy fastenings:**   | Choose shoes with Velcro closures.Add Velcro to button backs.Add a key-ring or ribbon to zips. |
| **Organising clothes:** | Organise clothing the night before.Lay the clothing out in the right order.Ask your child to help putting their clothes away. This way they knowwhere it belongs. |

**Contact details:**

Children’s Occupational Therapy

E-mail: epunft.OTenquiries@nhs.net