

Triumphing with T-shirts!



Confidence with coats!



- ✓ Use T-shirts with print on front to help identify which side faces forward
- ✓ Point out labels or name tape/thread the back of top to identify which way the top goes on
- ✓ Start with looser or slightly larger tops before moving on to more fitted tops, or tops with fastenings
- ✓ Start off with vest tops may be easier as your child can find the hole with more ease
- ✓ Use backward chaining approach: (Break task down into steps. Teach child last step first, then adult completes all steps and child practices final step so child receives a sense of achievement from completing the task! Once last step is mastered, adult completes all steps except for the last two, and so on.)
- ✓ Use forward chaining: Same method as backwards chaining but teach child the first step of task first

- ✓ Flip trick - place coat on floor with the neck/head facing child. Child places arms into coat sleeves and flips over their head
- ✓ Hang coat inside out on back of chair and child slips arms through holes
- ✓ Hang the hood on child's head and child pushes arms through sleeves

Shoes!



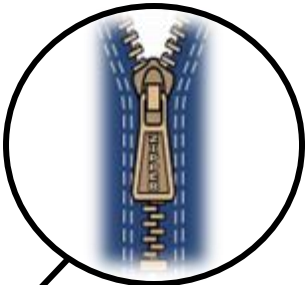
Super socks!



- ✓ Support placing shoes on right feet with the sticker trick! (cut round sticker in half and place one half in each shoe - child connects two halves to make circle before putting shoes on)
- ✓ Encourage your child to sit when putting shoes on
- ✓ Shoe-laces - use forward or backward training approach to teach step by step of task. See the 'How to tie shoelaces – teach children' video on YouTube
- ✓ Use two different colored laces in the same shoe to help with discriminating between two sides

- ✓ Practice using looser or larger sized socks to provide a sense of achievement
- ✓ Use socks with a different color toe and heel as the contrast will help your child put the sock on the right way
- ✓ When putting on socks and shoes, encourage your child to sit or learn against a wall giving your child added stability for a tricky task!
- ✓ Model placing your thumbs inside the sock to assist in pulling sock over ankle and up the leg

Zippy zips!



Beating buttons!



- ✓ Attach a small key ring or piece of ribbon to make it easier to grasp and pull
- ✓ Practice opening and closing zips on various clothes and bags or dolls clothing
- ✓ Attaching the clasp: lay clothing out on floor or hang on back of chair so child can see how to attach clasp
- ✓ Hold two sides of coat to make coat taut to help child clasp zips and pull up

- ✓ Practice with large flat buttons to get used to the movement of opening and closing
- ✓ Practice with the clothing off the child so child can see how to close buttons (as opposed to just feeling the movement)
- ✓ Start buttoning at bottom of shirt as easier to line the two bottom halves to make sure buttons and holes are aligned correctly

Take the stressing out of dressing!



- ✓ Work on mastering one garment at a time before moving on to the next
- ✓ Support your child to fix their own mistakes by looking into a mirror or checking once they are dressed (instead of adult)
- ✓ Practice putting on aprons and smocks before fun tasks like wet play, painting or cooking
- ✓ Practice dressing clothes on dolls, teddies and soft animals
- ✓ Playing dress-up is a fun way to work on dressing skills!
- ✓ Practice dressing during evenings or after bath time (as opposed to busy and rushed morning)
- ✓ All bilateral hand activities including cooking, construction play, using dustpan and brush, ball skills, etc.