



### Coats

Lots of children have difficulty getting coats on/off and doing up the fastenings.

#### **Here are some ideas that may help:**

Choose a coat with a smooth lining so that the sleeves can slide on/off easily

Practice taking the coat off first.

Present the open coat to the child at first so that it is ready for them to put their arms in.



#### **Progress to ....**

If the coat has a hood the child can use it to help get the coat on the right way round. I.e. by putting their head in the hood first, then arms in.

Choose a coat with a big chunky zip to make it easier to do up. For a young child you could add a toy or keyring to the zip to make it easier to hold.

If the coat has buttons, practice doing them when the coat is not being worn.

Try practicing fastening the coat when the child is sitting down. This helps the child to balance while doing the task.

Practice putting coats on toys, or younger brothers and sisters (if they will allow it.)

Prompt the child to recognize when the sleeves are inside out. Demonstrate and prompt how to turn around the right way e.g. by putting arm in, grabbing hold of the cuff and pulling back out again.