



Getting clothes around the right way

Lots of children have difficulty getting clothes round the right way when dressing.

Here are some ideas that may help:

Use t-shirts with a picture or logo on the front to give a visual prompt. Point out which way it goes each time it is put on.

Develop to using labels at the back of the t-shirt as a visual prompt.

You can use shoes with different coloured insoles to help remind which foot the shoe goes on.

You can also put stickers on the inside of the shoes so that when the shoes are placed together ready to be put on, the stickers are next to each other and the left shoe is on the left and the right shoe on the right.

Use clothes that are easy to get on/off such as t-shirts that are a bit larger than usual, so that this bit of the task is easy.

Make sure that the child is sitting down to dress, this will make it easier to balance and concentrate on the task.

Put a face-down t-shirt on the child's lap, so that they can pick it up and put it on straightaway. In time teach the child to put t-shirt face down on their lap to put it on

Work out how you help the child do the task and remember to consistently do the task this way each time you help. e.g. arms in first then head. Ensure that others who help the child use the same method.

Break down the task into stages. Teach the

child the last stage first, and then progress to the previous stages. This way the child will always be doing the most familiar stage at the end and will have a sense of achievement.

Practice when there is plenty of time so the child doesn't feel rushed.

The child may need to practice many times before mastering the skill. Remember to persevere and give encouragement.

Encourage the child to lay out their clothes in the evening in the order they need to put them on. Try to keep this routine the same, such as pants first, then socks, then T-shirt etc.

Learning how to turn things around from inside out:

Practice recognizing when things are round the wrong way e.g. socks. Get the child to tell you why.

Practice with easier items first e.g. socks / coats sleeves.

To put socks round the right way; put the hand in, pinch the toe of the sock (while holding the top of the sock with the other hand) and pull sock the right way round.

You may need to physically guide the child at first, then progress to guidance and prompting, then just prompting.