



Ideas for dressing and organisation

- Help the child to get their clothes ready the night before. Try to encourage them to engage with the task by asking them what they need and getting them to take it out and put it ready. It might be helpful for them to use a checklist on a white board and tick things off as they go.
- Always keep clothes in the same place in e.g. same drawer in chest of drawers so they can easily be found. If the child is struggling to find things you can put labels or pictures on the outside of the drawer to help.
- Lay clothes out in order of dressing e.g. pants on top. Lay them on the floor as they should be put on. Try to keep the order the same everyday. As the child gains skills they can lay the clothes out themselves.
- Use a timer to help motivation or make the task into a game or race e.g. 'by the time I've done this I want you to have put your socks on'. You could use music as another timer – 'by the time this song is finished I want you to have your t-shirt and trousers on.'
- If the child is struggling with lots of instructions break the task down into smaller sections to make it easier. Prompt them for each stage.
- Make the task easier for the child to do independently by using clothes with easy fastenings e.g. elastic waists or Velcro on shoes.
- The child may be struggling to stand, balance and do the task. If so, encourage them to sit to put things on.
- If the child is struggling to get clothes round the right way, use tops with a logo on the front or point out where the label at the back goes.
- The child is likely to need help to learn how to put clothes around the right way – see separate advice sheet.