



### Socks

Many children find it difficult to put socks on and off.

This may be because they have a weak grip, or because they struggle to understand the stages involved in the task.

#### Here are some ideas that may be helpful:

Practice taking socks off before starting to learn to put them on.



Have the child sitting down so they don't need to worry about balancing.

Practice when there is plenty of time e.g. on a weekend.

Socks with a coloured toe and heel can help the child to see when the sock is on correctly.

Encourage the child to look at what they're doing.

Encourage the child to use both hands to pull the sock up.

If the child's feet are hot and sticky, talcum powder on the foot can help socks to go on more easily.

Bigger or thicker socks can be easier to put on/off.

The child is likely to need lots of encouragement to master the task.

To help the child learn how to put inside-out socks around the right way, get them to put their hand into the sock like a glove puppet, pinch the toe from inside the sock, and pull sock off with the other hand.

Try using the **backwards chaining method** to teach the task. This is when the parent starts off doing most of the task and gets the child to do the last bit:

The parent puts the sock on and encourages the child to pull the sock up from the ankle.

When this is achieved the child is encouraged to pull the sock up from just above the heel.

Next he/she is encouraged to pull the sock over the heel.

Then up the foot and over the heel.

Next the parent gathers up the sock and positions over the toes. The child is encouraged to pull up from the toe.

Then the parent gathers the sock and presents it to the child to put on over foot and pull up.

Lastly the child is shown how to gather the sock to put on independently.