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Socks

Putting on socks can be a tricky skill to master as there are a lot of elements that children can find challenging.

Hints and tips

- See General Dressing Skills for general hints and tips
- Many Children find it difficult to put socks on, but find it easy to take them off!
- Practice when there is plenty of time.
- Practice taking socks off first.
- Use loose fitting socks and ones that are too big initially, let them try putting your socks on!
- Encourage your child to sit as they will be less likely to lose their balance.
- Initially avoid socks with tight elastic at the ankles.
- Socks with different coloured toes and/or heels can make it easier for your child to get the sock the right way around.
- Sometimes sitting next to or behind your child can give you a better view of what bits they are finding difficult.
- You might find it helpful to initially put the sock over the toes and get them to practice pulling the sock up first.
- Teach your child how to gather the sock with their thumbs, Try:
 - using words like creeping thumbs and make a game out of it.
 - putting one hand into the sock and practice gathering with one thumb at a time.
- Some children don't like the feeling of wearing socks and can be particularly bothered by seams, try turning your child's socks inside out or buy seamless socks.
- Do the activity next to your child for them to imitate.



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.

Practice, practice and practice

Stages



**Allow extra time
for your child to
practice these new
skills.**