



Developing Dressing Skills

When children learnt to dress themselves it is a huge accomplishment. Independent dressing is a skill that needs to be taught, practiced often and will take time.



Use toys, dress up costumes and imaginative play



Encourage child to handle clothes. They could help hang them out, or separate into colour and type



Find a routine which suits you and child best to practice i.e. mornings, evenings or weekends



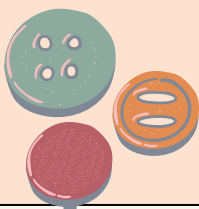
Ideally, they should be seated on a chair to stool where their feet can touch the floor.



place a large mirror in front of child so that they can see what they are doing



Consider visual schedule or chart with photos and instructions broken into steps to support them.



Adapt clothing to make it simpler e.g. elastic waistbands, velcro shoes, larger buttons, ribbon or toggles on zips.



Allow your child to choose their own clothes and lay them out in the correct order the night before.



If your child refuses to dress themselves you could use a reward chart system to encourage participation.