

Self-Dressing Home Suggestions

- Establish a self-dressing routine
 - Choose a time of day when you are not rushed, such as evenings or weekends
 - Spend fifteen minutes guiding and teaching your child to keep the routine positive and successful
 - Consider a calendar reward system to encourage motivation
 - Focus on shirts, pants, and socks; shoes and braces are more difficult
- Determine a position that works best for your child
 - One of the best positions is for you to sit cross-legged with your child in your lap facing away from you
 - If reaching feet is difficult, have your child sit on the floor with back supported against a wall. Encourage leaning forward to reach legs for lower dressing
 - Other children find it easier to sit in a chair with a back support with one foot crossed over the opposite knee
 - If reaching feet is difficult when sitting in a chair, use a small step stool to help when bending forward
- Allow enough time to practice dressing
 - Avoid rushing by setting time aside to work on dressing
 - Rather than practicing in the morning when schedules are rushed, work on undressing at night, followed by putting pajamas on
- Clothing suggestions
 - Loose clothing is best
 - Choose materials that are stretchy rather than stiff
 - Consider elastic waist bands for pants instead of fasteners
 - Tube socks are easier than socks with heels

Therapist: _____ Date: _____