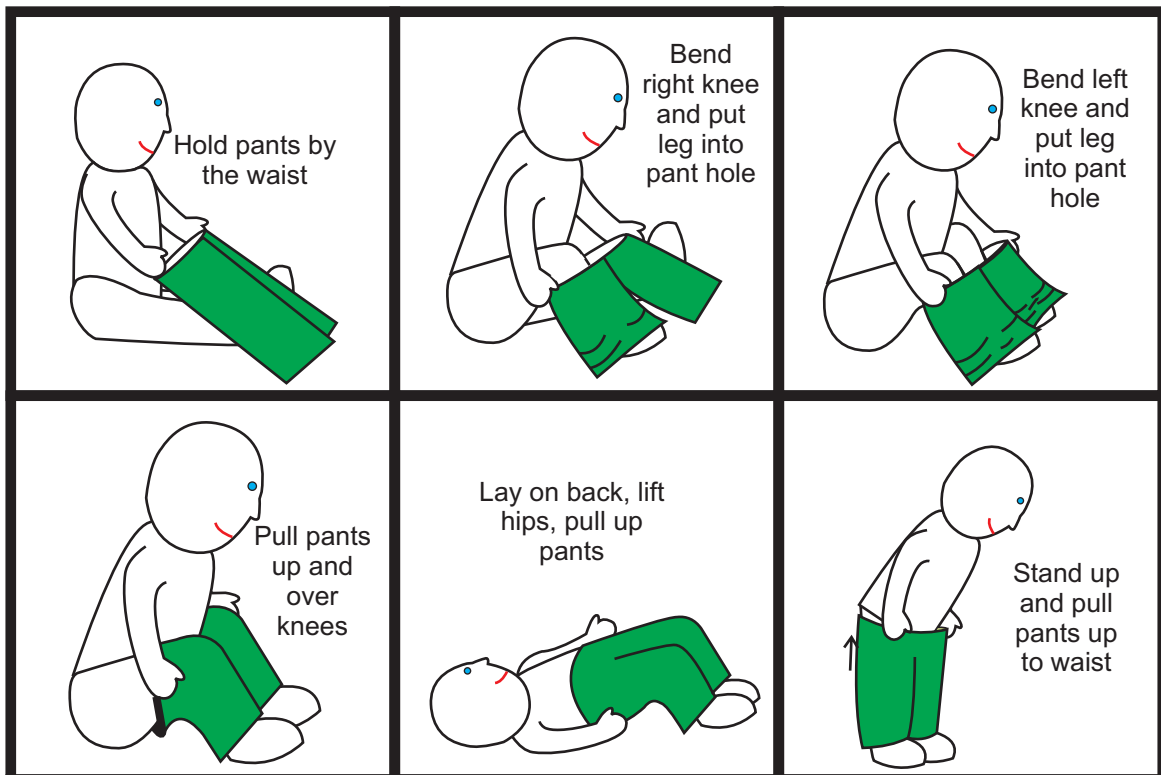


Dressing Skills

Step By Step Visual Directions to Teach Children How To Dress



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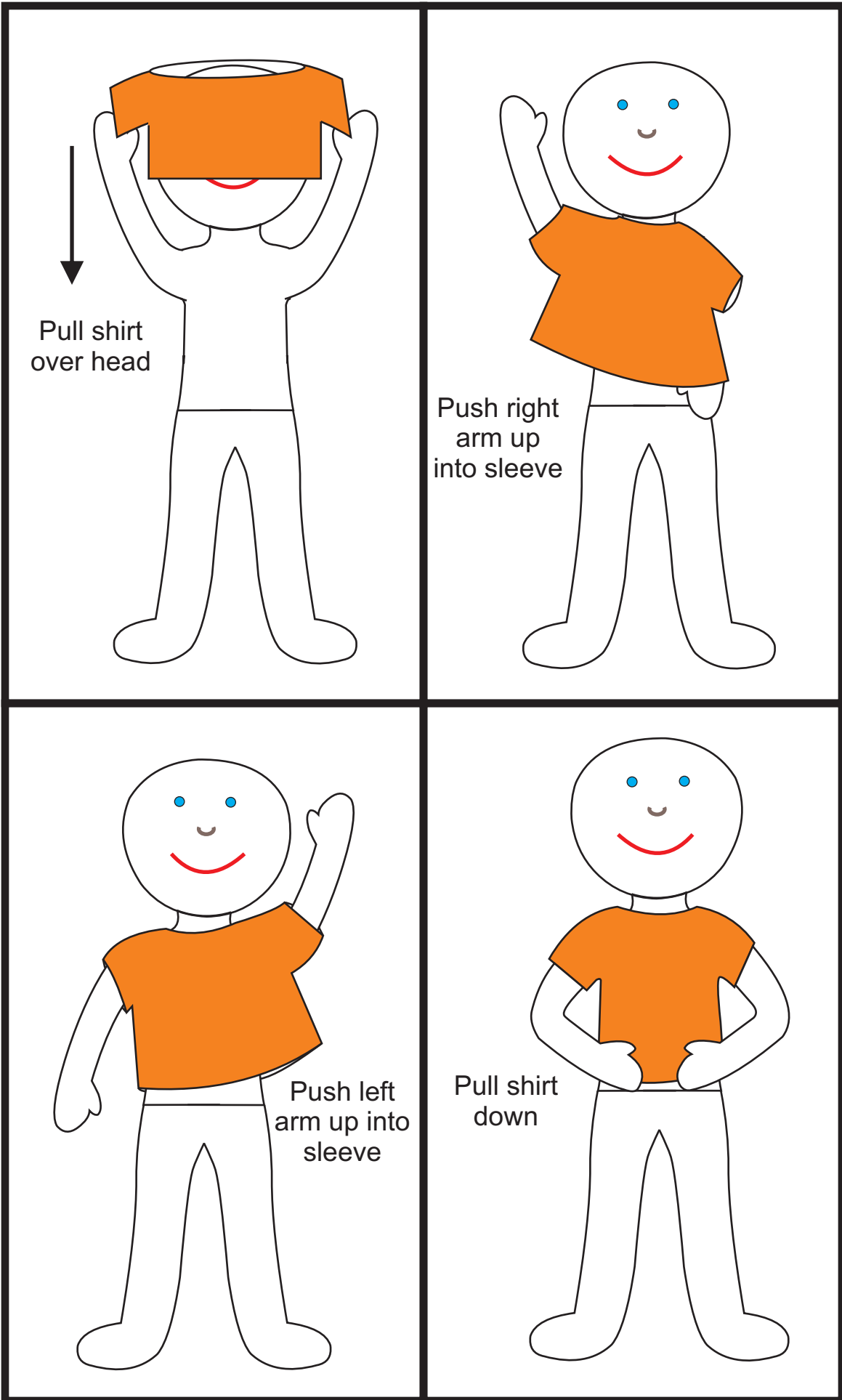
How to Use This Book:

1. Decide which dressing technique you will teach the child first. Choose from:
 - putting on shirt
 - putting on pants in standing
 - putting on pants in sitting
 - putting on coat in standing
 - putting on coat with the flip method
2. Print out the step by step directions for the dressing techniques that you will be teaching. Decide if you want to print the larger cards 3" by 5" or the smaller cards 2" by 2".
3. Arrange each step of the dressing process in order. You can:
 - create a visual sequence by glueing each step in order onto larger paper
 - laminate each step, punch a hole and put on a key ring
 - staple together all the dressing steps into a small book
4. Optional: Print and create the book entitled "I Can Dress Myself". Cut out each page and staple the book on the right hand side. Read to the child before you start the dressing lessons.
5. When starting to use the visual step by step direction, point to each step while you read the directions aloud.
6. Keep the visual sequences at eye level if possible.
7. Practice each step in the dressing sequence encouraging the child to be as independent as possible.

Tips for Teaching A Child How To Dress:

- Children will usually learn to undress first. Remember to allow children practice time to undress. Praise them for being independent when undressing (if appropriate).
- Be patient. Do not try to teach dressing skills if you are in a rush. It takes children a long time to dress themselves. Perhaps pick out clothes the night before to eliminate one step.
- Provide verbal cues as necessary. Try to use the wording on each step by step direction for consistency. As the child becomes more independent, reduce the verbal cues until they can be discontinued completely.
- Try teaching dressing using backward chaining. Backward chaining means that an adult provides assistance throughout several steps until the child can complete the last steps independently. For example - you help the child hold shirt, put arm through, put overhead and put other arm through. The child then completes the last step independently of pulling the shirt down. Continue this process by advancing to the child completing the last two steps...then last three steps...etc until the child is independently putting on the shirt.
- If you are not sure where to start, try the easiest items first - elastic shorts, elastic pants or shirts without buttons.
- Lay the clothes out in the proper order and direction for the child. Make sure all the clothes are turned right side out.
- Practice dressing skills with larger dress up items to increase motivation levels.
- Model the steps by dressing a doll first. The child can practice dressing and undressing dolls or stuffed toys.
- If the child is sensitive to clothing, try cutting tags out of the shirts or purchasing seamless clothing. Try washing the clothes several times before wearing.
- If the child needs complete assistance for certain steps, try doing hand over hand to complete that step until the child becomes more independent.
- Once the child can complete the dressing tasks independently, practice the skills in different environments (i.e. bathroom versus bedroom) or with different types of clothing (i.e. tighter fitting versus looser fitting).
- Try practicing getting dressed in front of the mirror unless it confuses the child.
- Try completing the dressing skills in sitting on the floor or on a bench if it is too difficult in standing.
- If the child has one side of the body weaker or tighter than the other, dress that side first. If undressing, remove the weaker/ tighter side last.
- Individual tips for different clothing items are written throughout the book.

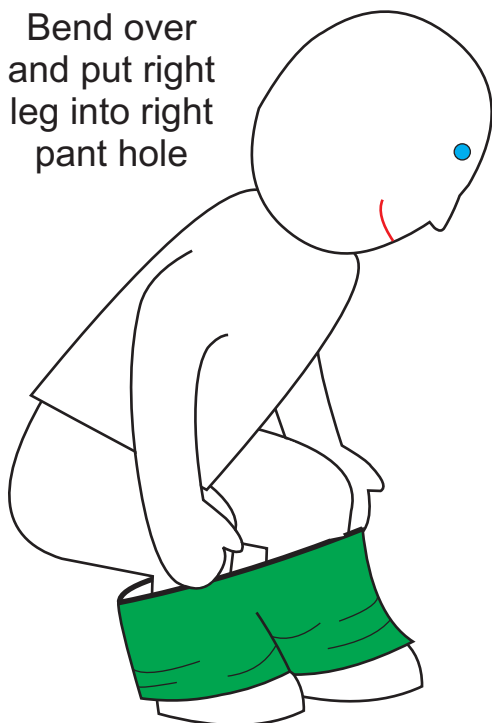
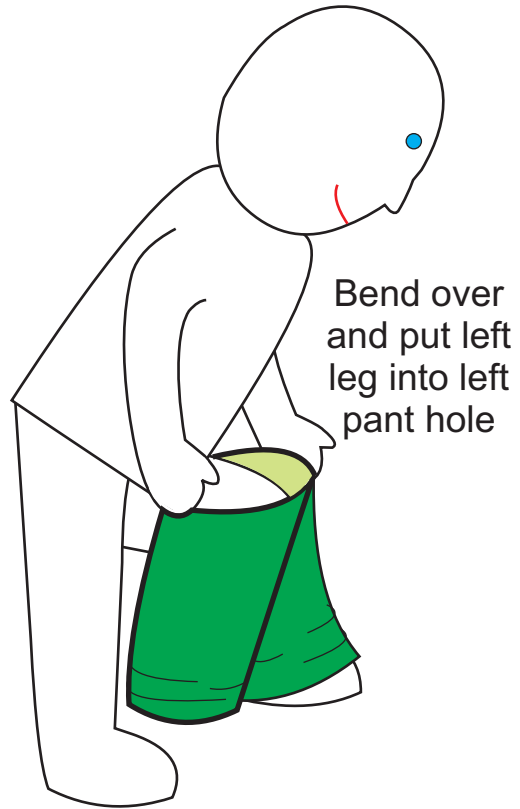
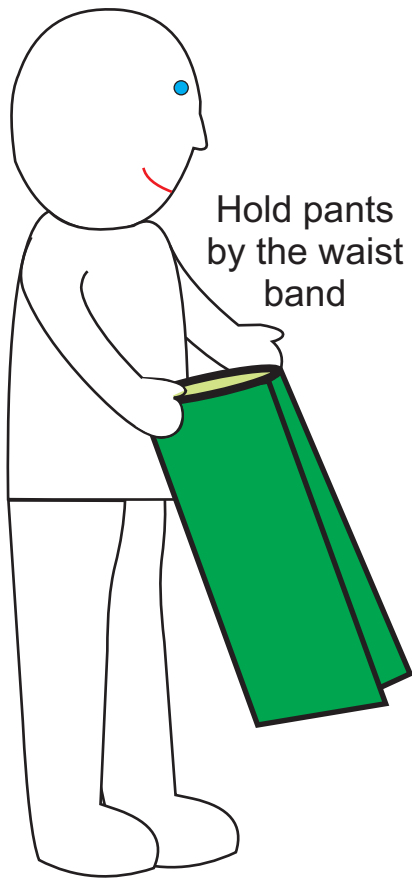
Putting on Shirt



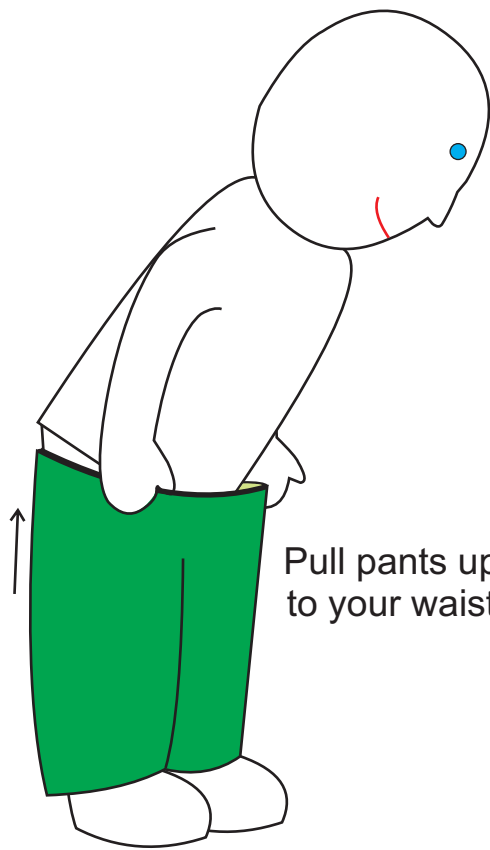
Tips for Putting on Shirts:

- Start with short sleeved shirts.
- Begin with shirts with large openings for the head - i.e. stretched out t-shirt, half zip shirts
- Progress to button up shirts.

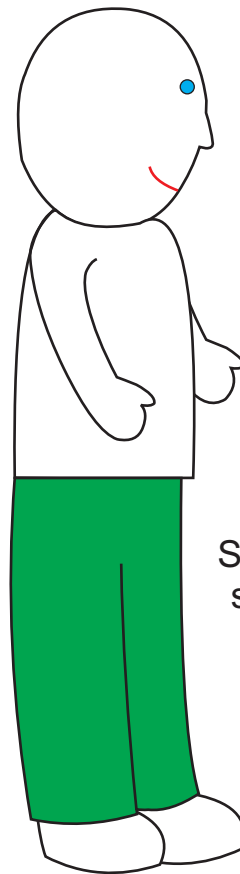
Putting on Pants in Standing



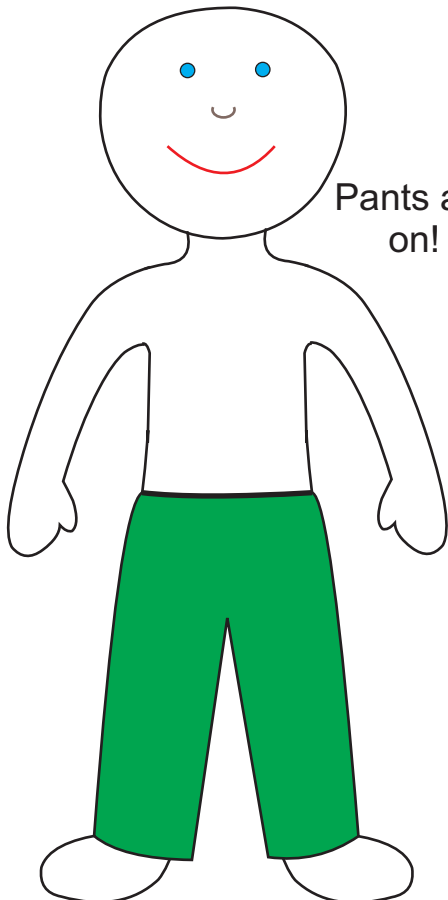
Putting on Pants in Standing



Pull pants up to your waist



Stand up straight

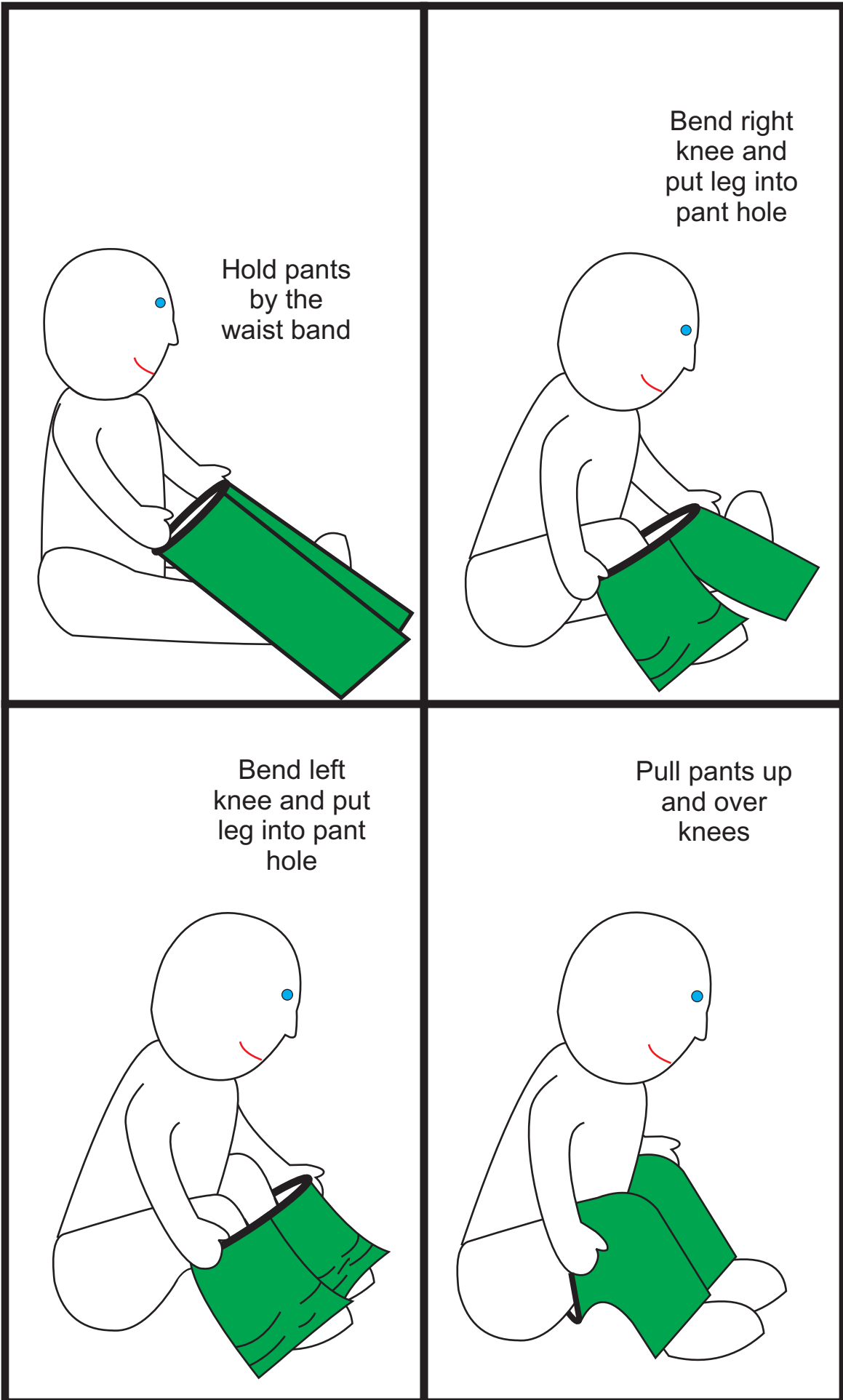


Pants are on!

Tips for Putting on Pants in Standing:

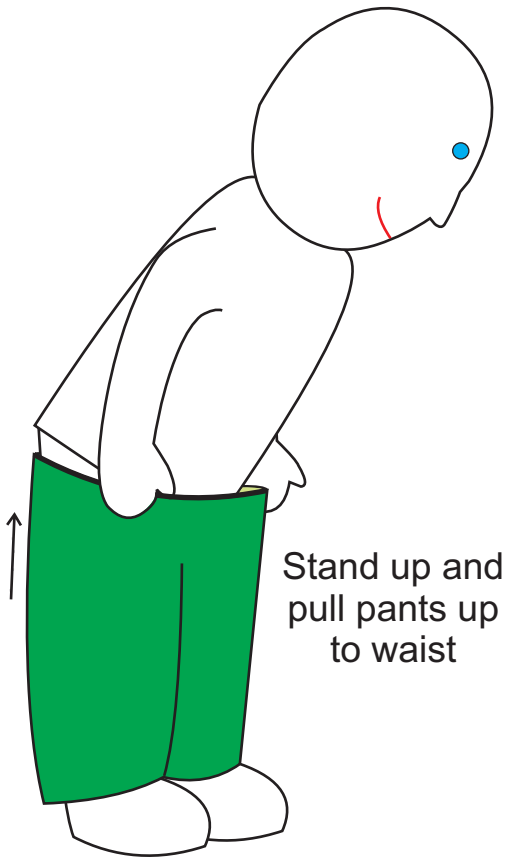
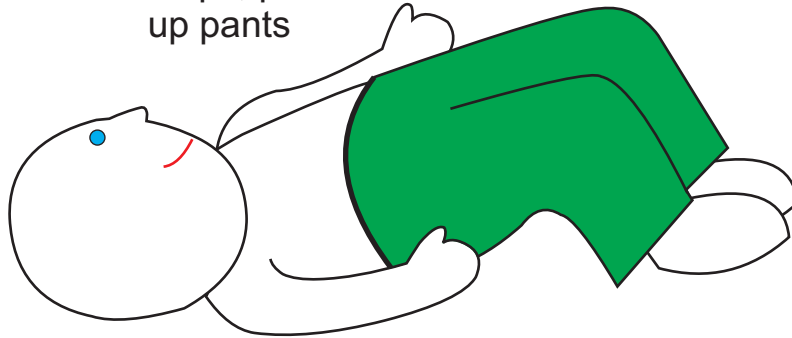
- start out with shorts instead of pants
- begin practicing with elastic pants, shorts or skirts
- progress to pants with zippers, buttons or pants
- loose fitting pants are easier to put on than tight pants
- lean against the wall if necessary for balance

Putting on Pants in Sitting



Putting on Pants in Sitting

Lay on back,
lift hips, pull
up pants



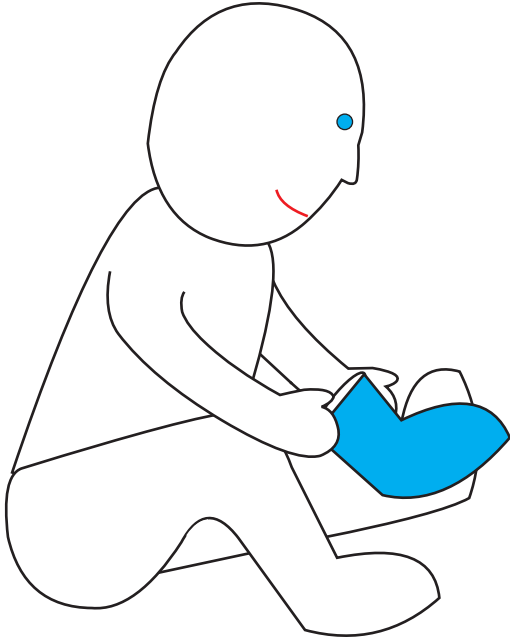
Stand up and
pull pants up
to waist

Tips for Putting on Pants in Sitting:

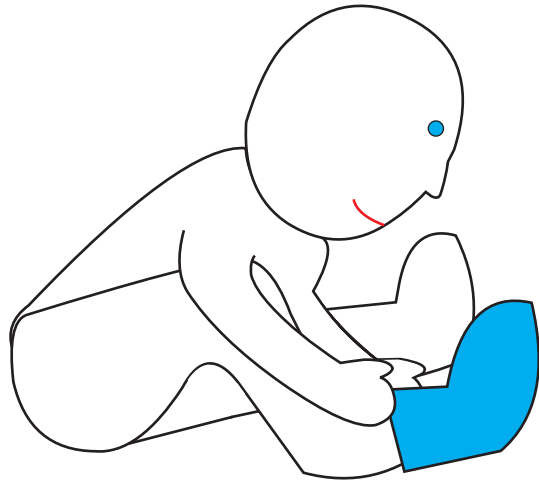
- start out with shorts instead of pants
- begin practicing with elastic pants, shorts or skirts. Progress to pants with zippers, buttons or pants
- loose fitting pants are easier to put on than tight pants
- sit in a corner if necessary for balance
- progress from floor sitting to sitting on a bench/ small chair and then standing to put pants on.

Putting on Socks

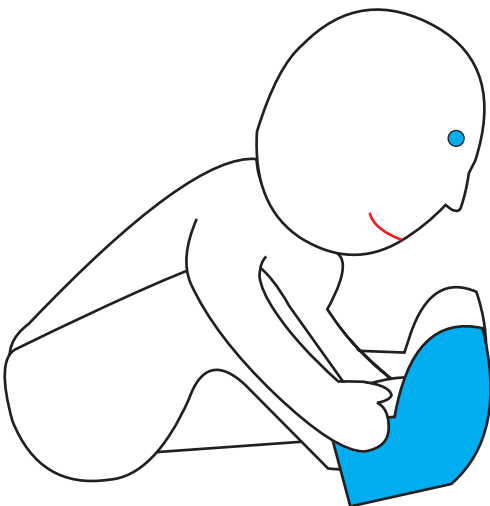
Hold sock with two hands and bend knee



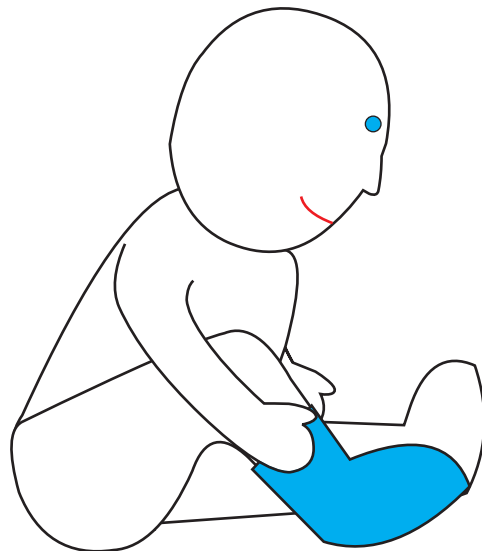
Put sock over toes.



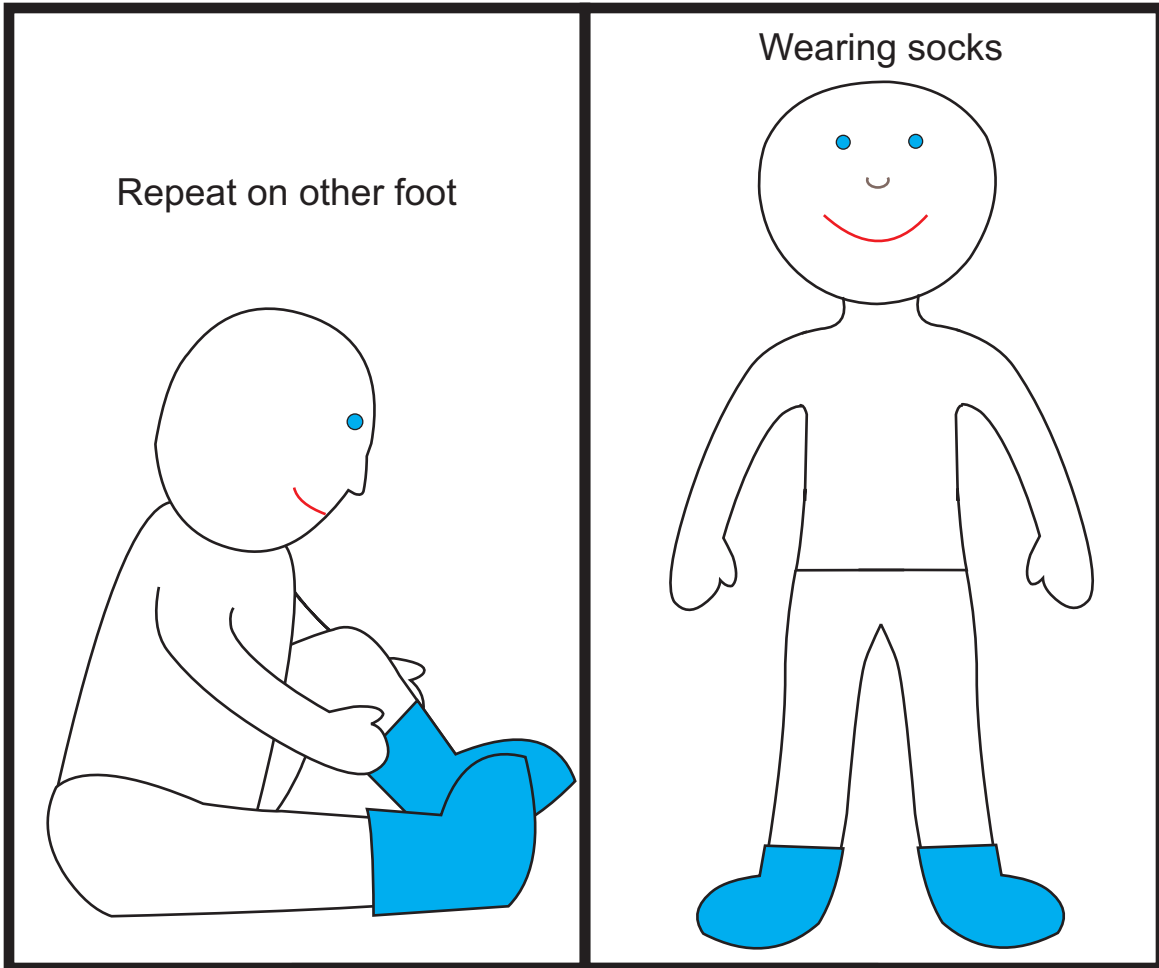
Lift foot and pull sock over heel



Pull sock up



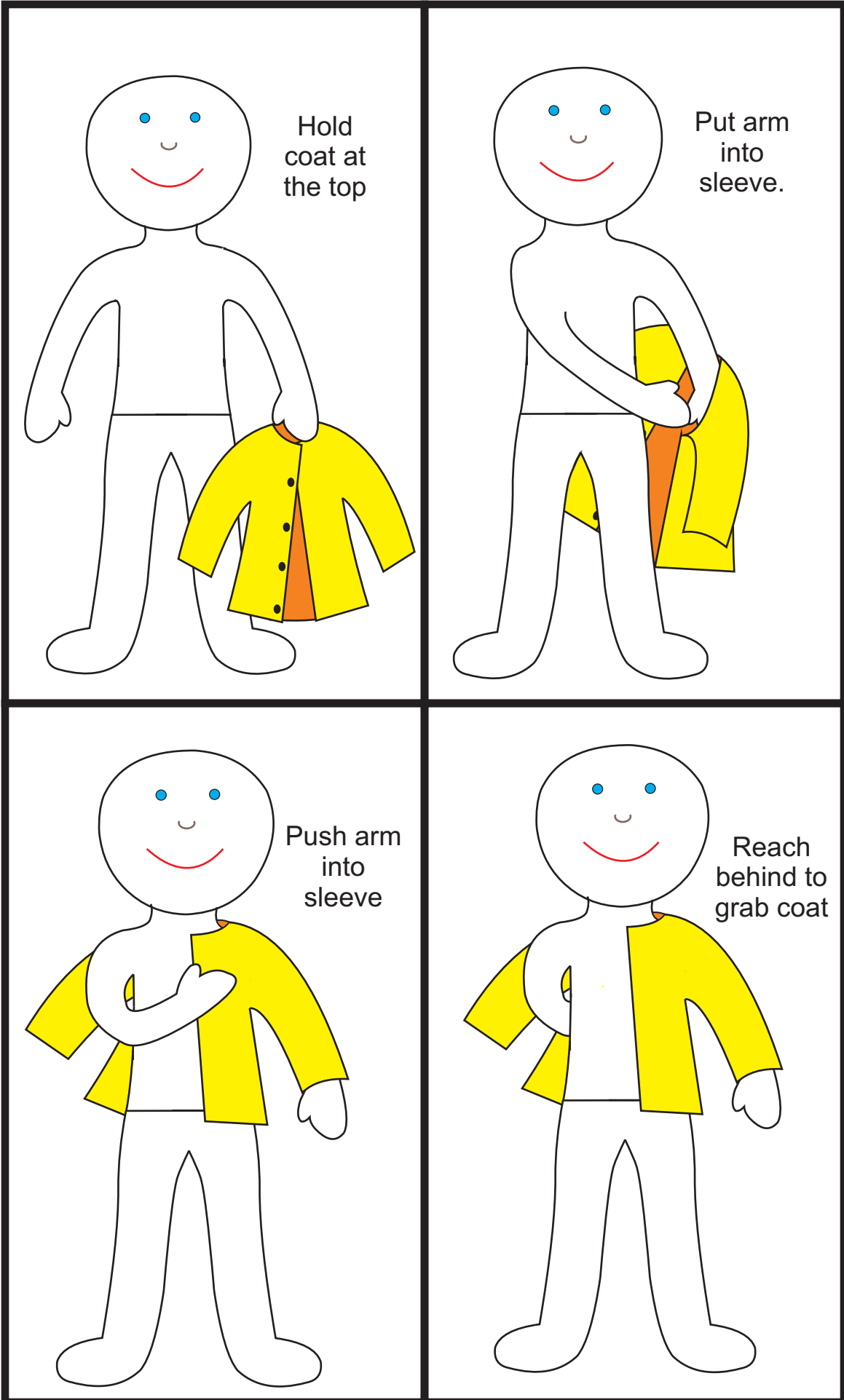
Putting on Socks



Tips for Putting on Socks:

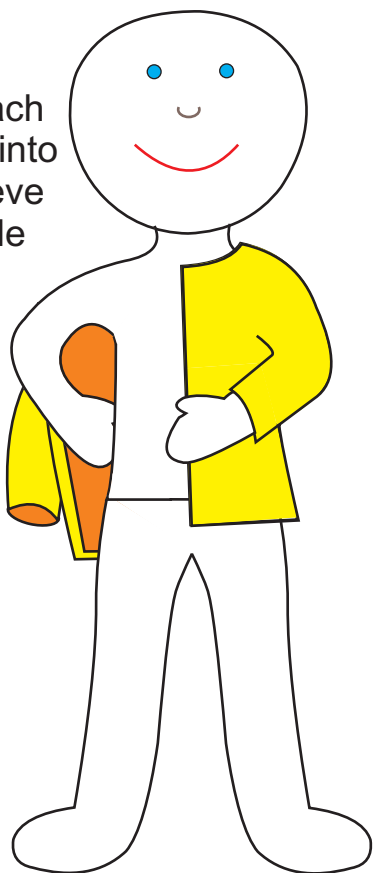
- Begin with large socks so that it will be easier to slip them over the feet
- Start with shorter socks rather than knee socks
- Progress to putting socks on while sitting on a small chair or bench where the child's feet can touch the floor.

Putting on Coat

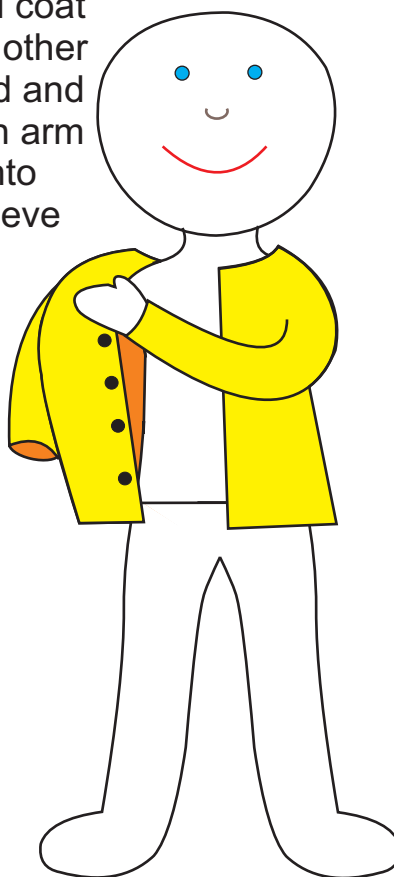


Putting on Coat

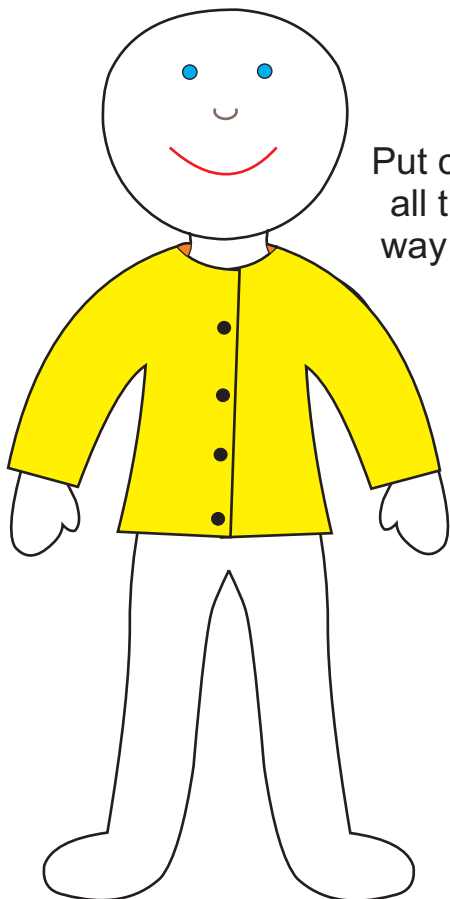
Reach
arm into
sleeve
hole



Hold coat
with other
hand and
push arm
into
sleeve



Put coat
all the
way on

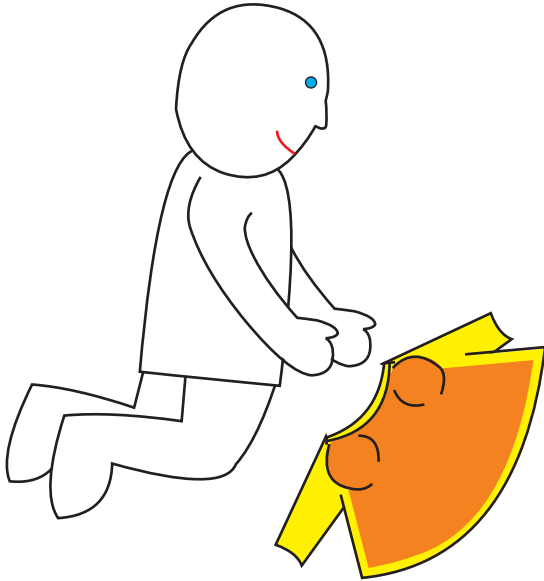


Tips for Putting on Coat:

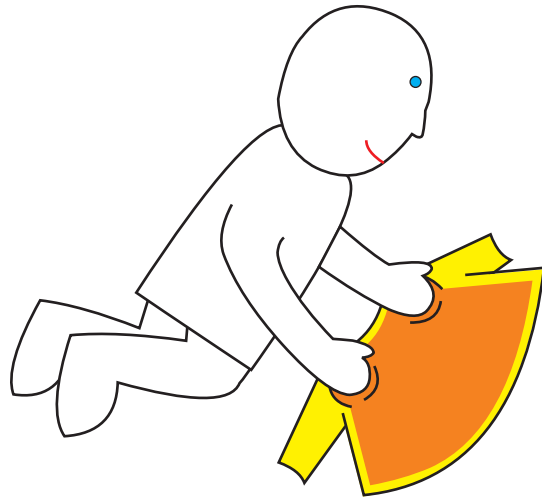
- Start with a larger size coat to practice.
- Practice putting on different types of coats.
- Try the “flip the coat over the head” method if this method is not working for the child.
- When it comes time to zip the coat, attach a key ring or sturdy ribbon to extend the length of the zipper pull.

Putting on Coat

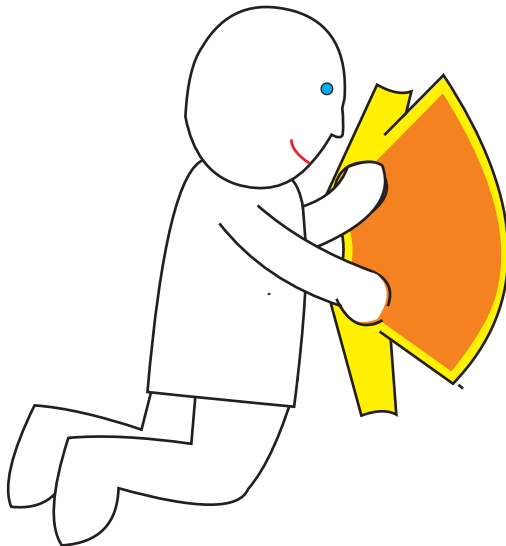
Put coat on floor
with inside of coat
facing up



Put arms into arm
holes



Lift coat up
towards your head

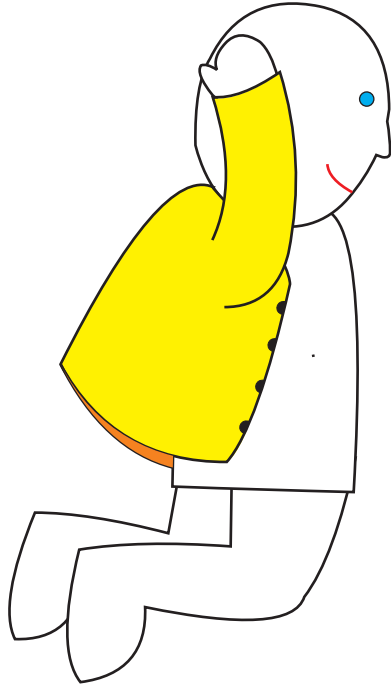


Flip coat over
your head

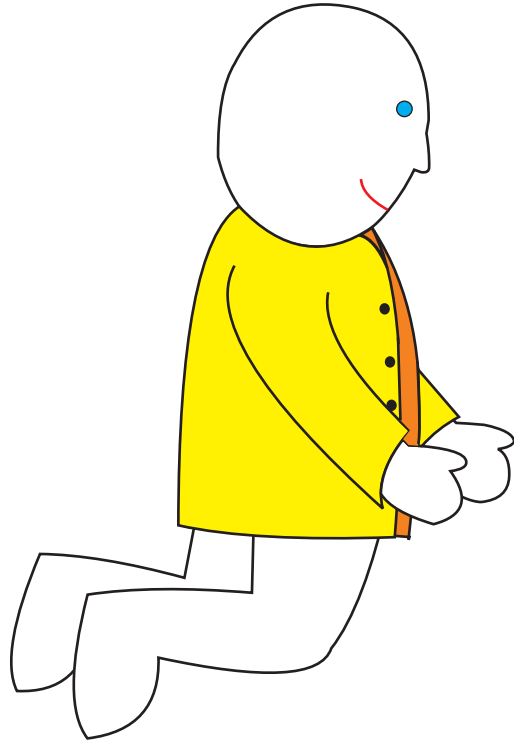


Putting on Coat

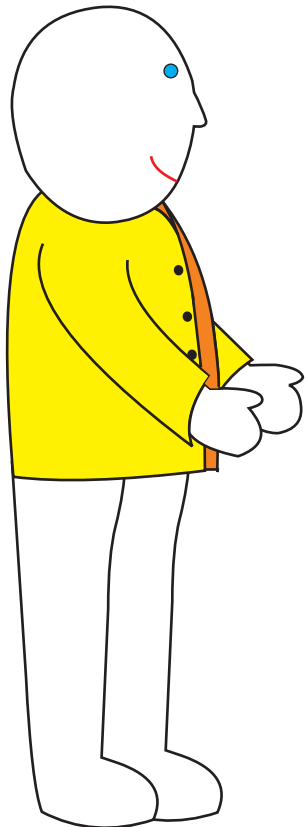
Flip to the back
and push arms
into sleeves



Push arms all the
way through
sleeves



Stand up. Coat is on.



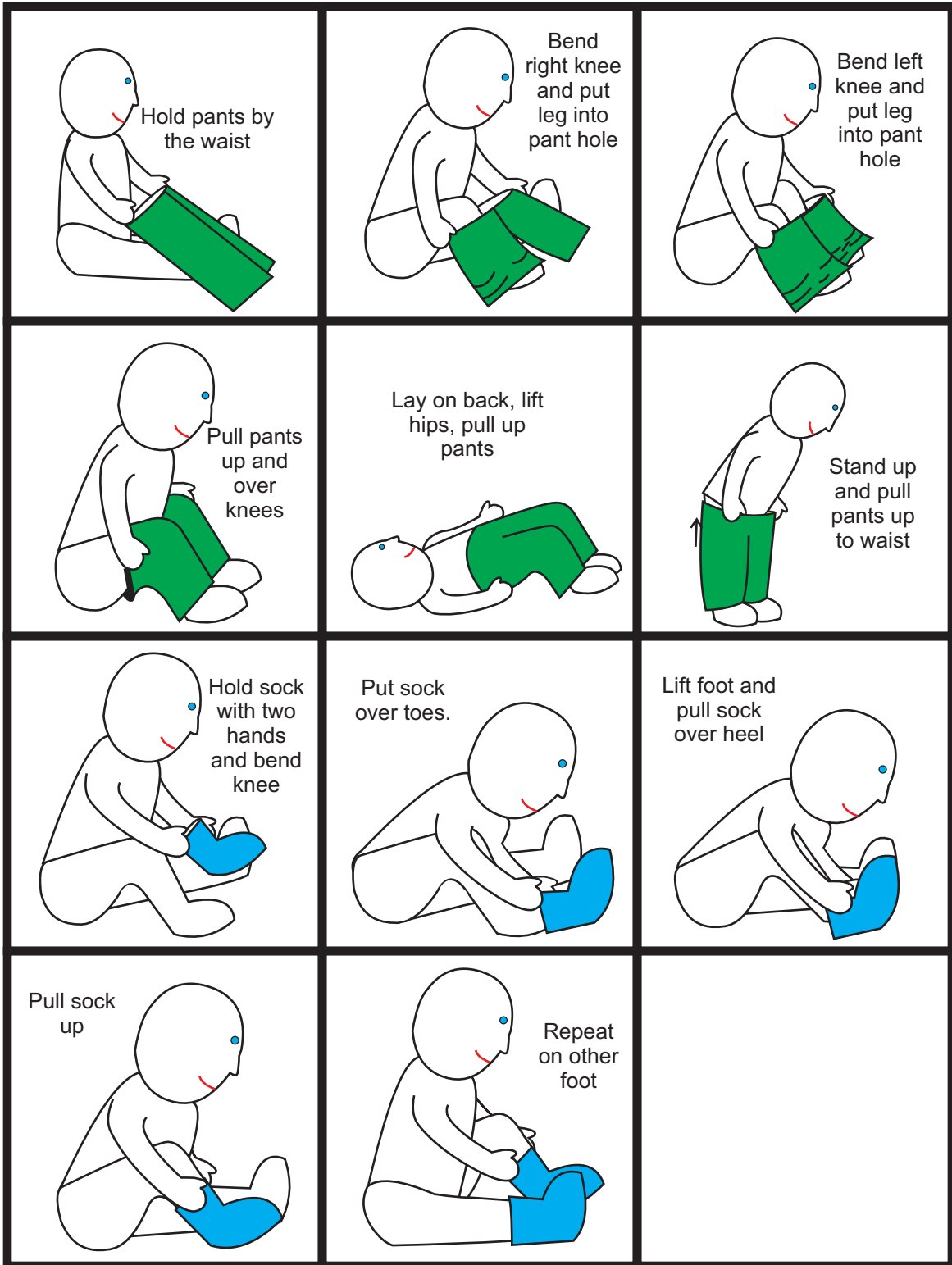
Tips for Putting on Coat with the Flip Over Method:

- Make sure that the top of the coat is closest to the child. If there is a hood on the coat, the child will see that the hood needs to be closest to the body.
- Progress to the child squatting down to grab the coat rather than kneeling.







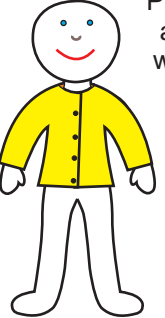


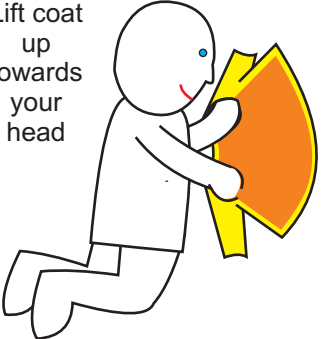
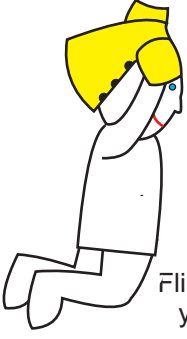
2" x 2" Visual Sequences



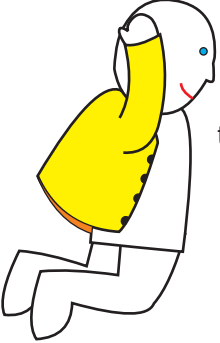


2" x 2" Visual Sequences



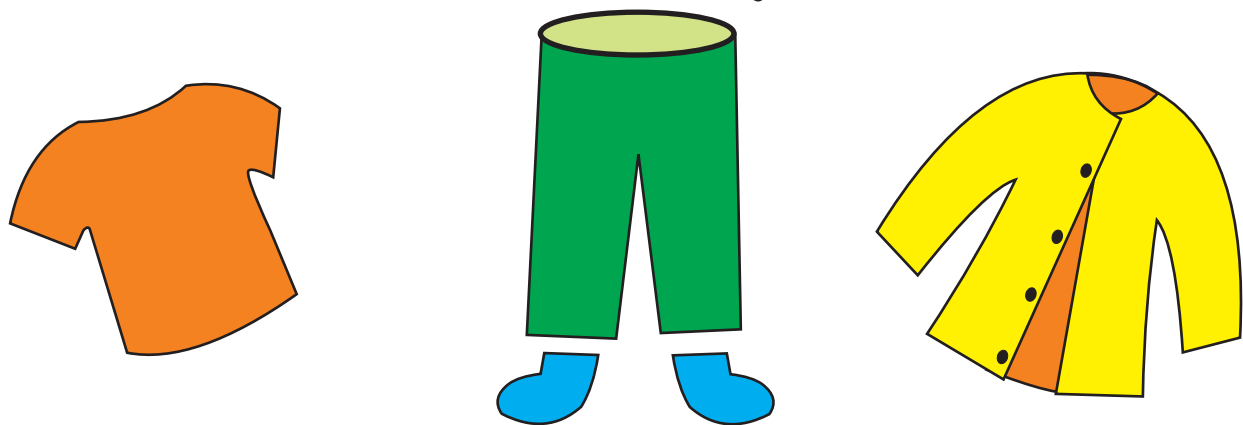
2" x 2" Visual Sequences

 <p>Hold coat at the top</p>	 <p>Put arm into sleeve.</p>	 <p>Push arm into sleeve</p>
 <p>Reach behind to grab coat</p>	 <p>Reach arm into sleeve</p>	 <p>Hold coat with other hand and push arm into sleeve</p>
 <p>Put coat all the way on</p>		 <p>Put coat on floor with inside of coat facing up</p>
 <p>Put arms into arm holes</p>	 <p>Lift coat up towards your head</p>	 <p>Flip coat over your head</p>

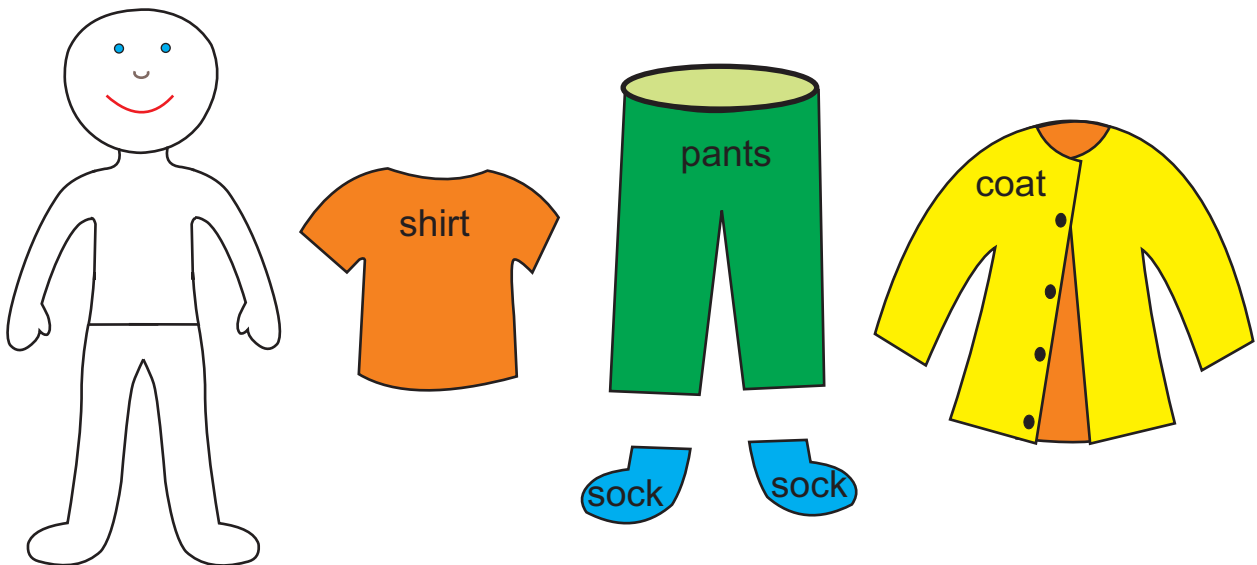
2" x 2" Visual Sequences

 <p>Flip to the back and push arms into sleeves</p>	 <p>Push arms all the way through sleeves</p>	 <p>Stand up and coat is on</p>

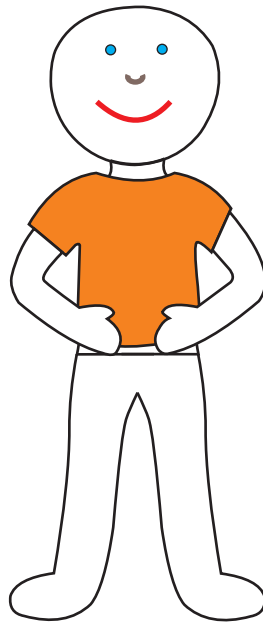
I Can Dress Myself



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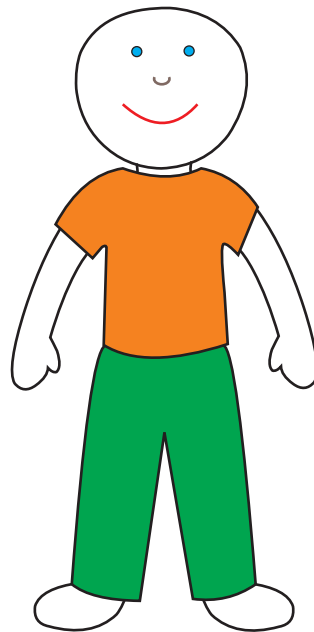


In the morning, I have to put my clothes on.



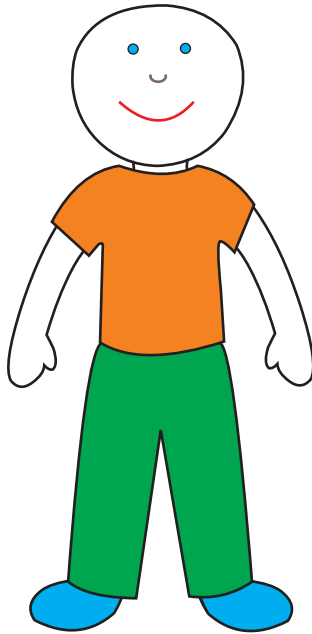
I put my shirt on.

Page 2



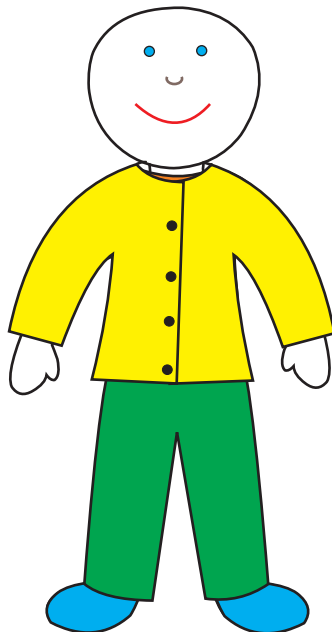
I put my pants on.

Page 3



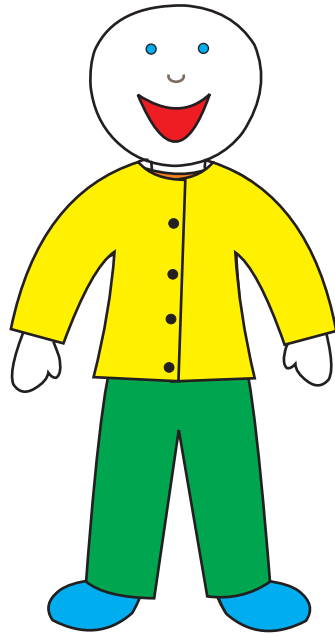
I put my socks on.

Page 4



I put my coat on.

Page 5



I can dress myself.

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