



## DRESSING SKILLS

### What affects my child's ability to participate in dressing?

- posture
- balance
- range of motion
- muscle tone
- strength in fingers, hands, arms and shoulders
- co-ordination
- body awareness
- motor planning
- acceptance of touch and textures
- spatial concepts (left/right, top/bottom, front/back)

### How can I teach my child to dress herself?

Use BACKWARD CHAINING

- Break dressing down into small manageable steps
- You complete all but the last step, allowing your child to complete the task
- Make sure that the last step is small enough that your child will be successful.
- When the child has mastered that step, back it up and allow your child to complete the last two steps.
- Example putting on pants – the adult holds the pants while the child steps into the legs, and then the child pulls them up to finish.

### Helpful Hints:

- try undressing first
- leave extra time
- have your child sit down or lean against a wall for extra support
- use a dressing visual schedule
- laying out clothing in order in goes on from left-to-right
- use loose fitting clothing
- try practicing with shorts and short sleeves before pants and long sleeves
- try using a zipper pull

