

Red Robin Therapy's guide to



Dressing

FOCUS ON UNDRESSING FIRST



Children find it easier to take off than put on clothes.

Pulling off hats, shoes or socks is a great place to start, and shows your child is ready to learn.

USE BACKWARD CHAINING



- 'Backward chaining' is a learning technique where you break a task into parts (like the links of a chain), then you do the first part, and let your child finish off, ensuring they have success. For example, slip socks down around your child's heel to allow them to pull socks off their feet more easily.

MAKE A GAME OF IT



Undressing and dressing is a super way for your child to learn body awareness, which in turn, helps with co-ordinated movement. Say the words as you dress or undress, "arms in", "legs in" etc. Use body-awareness songs, e.g. This Little Piggy or Head Shoulders, Knees and Toes.

USE LOOSE CLOTHING FOR DRESSING



When practising dressing, use loose fitting clothing like tee-shirts, elasticated bottoms or even dressing up clothes. The backward chaining process works here too - e.g. pull your child's jumper over their head and encourage them to push their arms through the sleeves.

BE AWARE OF SENSORY ISSUES



Children with sensory issues may seek or avoid certain textures which to them are uncomfortable, prickly, or painful. They may not keep certain clothes on, or refuse to take others off. Seek OT advice.

