

Dressing Skills Steps

General Advice

- ☺ Dress in the same place each day - use a stool or mat to sit on at home.
- ☺ Help the child to organise their clothes prior to putting on - the right way around and front side uppermost. Look for a pattern on the front and/or tag on back.
- ☺ Give verbal cues (explain what to do step by step), physical cues (hand over hand) or visual cues (picture chart).
- ☺ **'Backward Chaining'**: The adult starts the action and the child finishes it. This encourages confidence building. The child can do more as confidence and skills increase.

Pre-Dressing Skills

- ☺ Play with and talk about dressing a big doll.
- ☺ Try dressing up play, use masks and wigs, as well as oversized clothing.
- ☺ Practise dressing at relaxed times e.g. not in a rush.



Early Stages of Dressing -

- ☺ remove unfastened coat
- ☺ remove shoes if laces untied
- ☺ help pull down pants, then by self
- ☺ find armholes in pullover shirt (put over head by adult)
- ☺ remove pull-down pants with elastic waist
- ☺ assist in pulling on socks, then by self (may be with heel on top)
- ☺ put on front-button coat or shirt
- ☺ unbutton large buttons
- ☺ put on pullover shirt with minimal assistance
- ☺ put on shoes without fasteners (may be on wrong foot)
- ☺ zip and unzip jacket (once on track)



Intermediate Stages of Dressing Skills

- ☺ need assistance to remove pullover top
- ☺ button large front buttons then button series of 3-4 buttons
- ☺ find front of clothing
- ☺ unzip zip on jacket, separating zipper
- ☺ put on mittens
- ☺ unbuckle shoes or belt
- ☺ dress with supervision (help with front and back)
- ☺ remove pullover garment independently
- ☺ zip jacket zipper (including latching)
- ☺ put on socks correctly
- ☺ put on shoes, assistance tying laces



Advanced Stages of Dressing Skills

- ☺ lace shoes
- ☺ consistently identify front and back of garments
- ☺ put belt in loops