

Dressing



Set up the space:

- Choose clothing that's easy to dress: Choose loose fitting or larger clothing and elasticated waistbands.
- Use a small chair for your child to sit on or sit on the floor and lean against a wall.
- Have plenty of time to practise dressing i.e. practise dressing at night time or after school.

Use clothing with a clear front and back, e.g. have a big picture on the front to show the difference between front and back.

Teach your child to dress in the same order each time, e.g. underwear first, then trousers, t-shirt etc.



Talk through the steps of dressing everyday.
'Now pull your t-shirt over your head'.

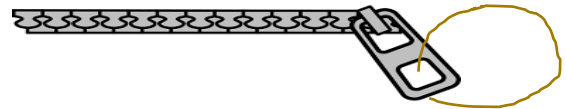


- ## Let your child complete the last step of the dressing activity and you help with the first steps. For example with socks:
1. Start by putting the sock over the foot and heel
 2. Encourage the child to complete the end of the task by pulling their sock up their leg.
 3. When they have learnt this, they can pull it over their heel.
 4. As their skills improve they can carry out more and more steps of the activity until they can do it independently!






Your child may have sensory needs that can impact their dressing skills. Cut off clothing labels if your child doesn't like labels touching their skin.

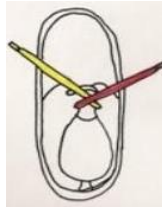
Tips for zips and buttons

- ## Start practicing with large buttons, larger buttons are easier to hold and move through the button hole.
- ## You can add clips or elastic tags to the zip end, it may be easier for your child to grasp and pull.



Shoe laces

-  Shoe lacing is best learned one step at a time.
-  Show your child slowly what you are doing.
-  Practise with two different coloured laces as it is easier to understand the instructions.
-  Practise first when your child is not wearing their shoe.
-  Watch videos of other children tying their laces.



Methods (Refer to attached)

There are 2 common ways to tying shoe laces. Some children will find one easier.

Method 1: Single loop

- Cross the laces over and push the one in front behind, under the other and through the hole underneath. Pull tight.
- Make a loop (a “bunny ear”) with one lace and hold the bottom of it between your thumb and finger; try to get the bottom of it as close to the knot you made in step 1 as possible.
- Wrap the other lace around the loop and push it half way through the “burrow” (the hole underneath the bunny ear) until you have another loop or “bunny ear”.
- Pull them tight!

Method 2: Bunny ears

- Cross the laces over and push the one in front behind, under the other and through the hole underneath. Pull tight.

- Make a loop (“bunny ear”) with both laces and hold the base of both of these as close to the knot you made in step 1 as possible.
- Cross the loops/bunny ears over then fold the one in front behind the other one and push it through the “burrow” (hole) between the bases of the 2 loops.
- Pull them tight!

Method 3: One-handed

For children that have weakness in one side of their body, your child could try the one handed method. Discuss this with your Occupational Therapist.

Options

Try elastic shoe laces, spring shoe laces or lock laces. Your child could also wear shoes with Velcro rather than laces.

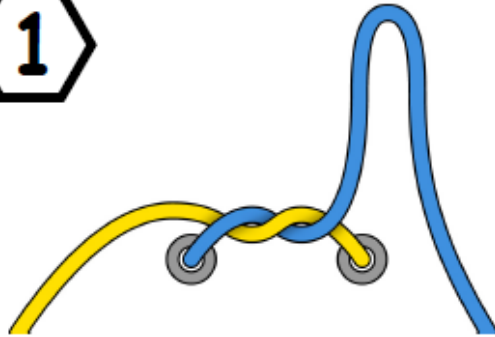
Resources

-  Elastic shoe laces:
<https://www.nrshealthcare.co.uk/bedroom-seating-aids/comfort-posture-aids/getting-dressed/elastic-shoe-laces-3-pair-pack>
-  Lock laces:
<https://www.locklaces.com/>
-  Spring laces:
<https://www.nrshealthcare.co.uk/bedroom-seating-aids/comfort-posture-aids/getting-dressed/spring-laces-pair>

Examples of Visual Aids for Shoe Lacing

Standard Shoelace Knot

1



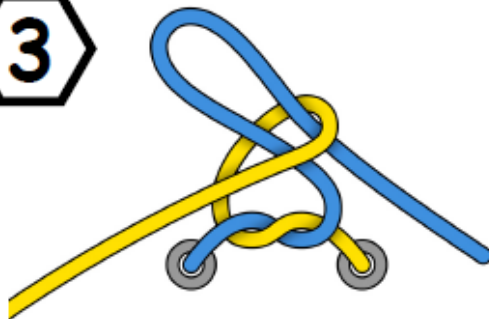
Tie a Left-over-Right Starting Knot as shown, then make the right (blue) end into a "loop" by simply doubling it back onto itself.

2



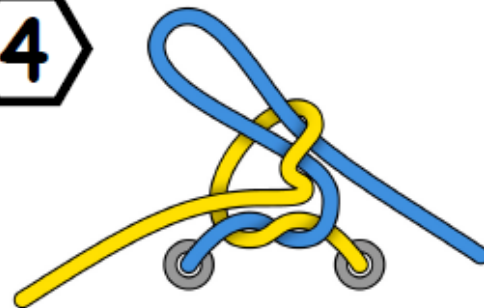
Take the left (yellow) end and pass it around to the right, going **behind** the right loop.

3



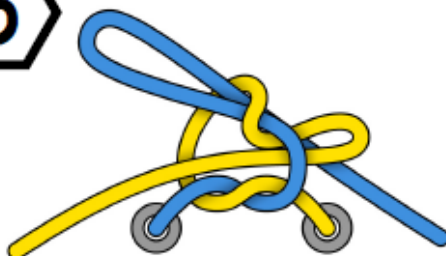
Continue the left (yellow) end **around** the right loop to end up in front.

4



Start to push the left (yellow) lace into the "hole" that has just been made.

5



The yellow lace comes out through the back of the hole to form a right (yellow) loop.

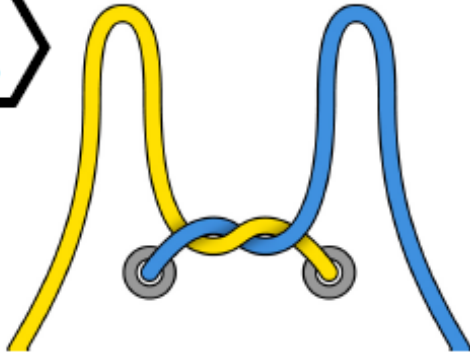
6



Grab hold of both loops and pull tight to complete the knot.

"Bunny Ears" Shoelace Knot

1



Tie a Left-over-Right Starting Knot as shown, then make both ends into "bunny ears" by simply doubling them back onto themselves.

2



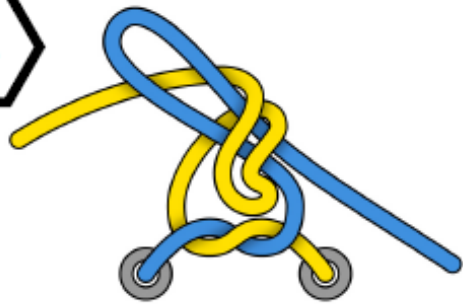
Cross the right (blue) ear over the left (yellow) ear so that the **blue** ear sits in front and is now the **left** ear.

3



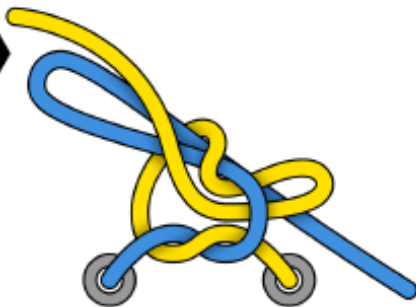
The **yellow** ear is now the **right** ear. Begin to wrap that ear around the left (blue) ear to end up in front.

4



Start to push the right (yellow) ear into the "hole" below the two ears.

5



The right (yellow) ear comes out through the **back** of the hole.

6



Grab hold of both ears and pull tight to complete the knot.