



So how can I help my child?

Start when you have plenty of time and are not in a rush—perhaps before bath time

Let them attempt to take clothes off—that's easier than putting them on!

Let them push their feet into their shoes—even if they get them on the wrong feet!!

Let them practice using different fasteners

Do the first part for them and support them to do the last part

Let them practice by putting on bigger clothes/ dressing up

Celebrate every success no matter how small—YOU DID IT!!

Let's break it down a bit

Shoes

Buy shoes that have simple fasteners. Having laces means your child will need help to unfasten and fasten. This takes away their independence

Let them practice pushing their foot into the shoe and pulling it back off

The more they practice the faster they will become



Coats



Coat fasteners are usually a bit tricky to start with. The best way is to practice opening the fasteners, pulling down the zip while they aren't wearing it!

Let them take off their coats—show them how to unfasten the coat

Then work on helping them get their arms in the coat. This is easiest if the coat has a hood which can be put on their head first

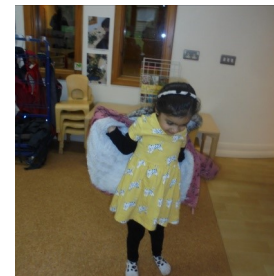
Then when they are putting on their coats just start the zip off and let them pull it up



How does getting dressed help my child to learn?

- ⇒ They don't need to waste their precious play time waiting for help
- ⇒ Offers physical development opportunities - , fastening buttons and pulling zips up and down, standing on 1 leg to get trousers on
- ⇒ Helps them practice thinking and remembering skills.—what comes first, next, last?
- ⇒ Helps develop patience and attention to finish a task
- ⇒ Helps develop knowledge and understanding of names of clothes, language of size and position
- ⇒ Helps them develop their awareness of the world—different clothes for different weather/ times of the year

Look at the great self help skills shown in these photos too—I can do it!



WINDSOR NURSERY SCHOOL

'I did it'

Learning how to undress and dress yourself is a very important stage in a child's development and independence