

Growing Independence: Getting dressed



- I can move my arms and legs to help with dressing.
- I can take off some loose-fitting clothes.
- I can make a choice between two items of clothing.
- I can finish off pulling my clothes on when helped.
- I can put my arms and legs in clothes when helped.
- I can undo and do up Velcro.
- I can undo zips and buttons.



Things to help me grow

- Developing fine motor skills.
- Dressing up clothes with different fastenings, including coats, and large socks and trousers.
- Use backward and forward chaining.

Making things easier

- Elasticated waist bands.
- Loose fitting clothes.
- Easy dressing ranges of clothes with easy fastenings.
- label clothes with a picture label.
- Visuals such as photos, symbols, first then boards.
- Seamless clothes.

Helpful Links:

Cambridgeshire Community paediatrics
occupational therapy team:

[Dressing Skills.](#)

[Hand Skills.](#)

