

## Growing Independence: Putting on/taking off coat and shoes



- I can reach for or recognise my coat and shoes.
- I can move my arm/foot into my coat or shoes.
- I can pull my zip up from halfway.
- I can pull my zip up from bottom.
- I can do up or undo Velcro on my shoe.
- I can push my foot into my shoe.



### Things to help me grow

- Fine motor skills.
- Dressing up clothes with different fastenings.
- Dolls clothes.

### Making things easier

- Magnetic zips.
- Velcro fastenings.
- Easy dressing ranges.
- Visuals such as photos, symbols, first then boards.
- Shoehorn to be used with assistance.

### Helpful Links:

Cambridgeshire Community paediatrics  
occupational therapy team:

[Dressing Skills.](#)

[Hand Skills.](#)

