



**Have you thought of trying:
DRESSING**

Remember: Learning to be independent takes time and patience. Children learn to dress themselves in their own time and in different ways. Every child learns these skills by practicing over and over again. Some days even though the child knows the skill, they may just need some help. Be flexible and keep it positive. Nurturing children's healthy development supports their growing sense of self.

- Are your expectations realistic for the child's level of development (children learn to remove clothing before learning how to put clothes on)?
- Do you encourage parents to dress children in easy to remove clothing with child friendly fasteners (Velcro, elastic waist bands, etc.)?
- Do you use visuals for getting dressed and undressed?
- Do you break the activity into smaller parts (push down pants, sit down, pull on bottom of pant leg, take pants off over feet)?
- Do you give verbal cues (simple language, songs or rhymes)?
- Do you practice dressing skills during free play or group time (snow pants in the dramatic play)?
- Do you use backward chaining to teach dressing skills (determine the steps within the routine, assist child to complete all but the last step which they complete independently - child gradually completes more and more steps until they have mastered this skill)?

This sheet was created by the All Kids Belong team based on their years of knowledge and experience. If you have any further questions about dressing skills, please talk to your All Kids Belong Resource Consultant.