

Changing for PE

Quick reference
SHEET #10

When everyone else is changing fast and a student with DCD is the last to get to sports or PE it can be very frustrating for them. Being slow may be because of difficulties balancing, or undoing or doing up fastenings or shoes, or may be because of orientating clothes the right way around.

Difficulties can also arise if the student is disorganised and can't find what he / she needs, or are easily distracted by others around them.

Getting started

- Check that the child is sitting in a stable position either on the floor, resting against a wall for example, or sitting on a low stool or step where they are stable to put on shoes
- Encourage sufficient and appropriate practise
- Be patient with the child so they don't get disheartened
- Repeat instructions in games if they have missed out at the beginning



Tips to help

- ✓ For younger children, try and make the place where they keep their sports kit on the end of a row so they can easily find it
- ✓ Try to encourage dressing in the same order
- ✓ Use labels to remind the child which way round their clothes go
- ✓ Show techniques for tying laces such as 'bunny loops' - If shoelaces become loose at the first knot, loop the lace around twice - Pull it tight and then you can let it go without it becoming loose again
- ✓ When buttoning a shirt, remind your child to start at the bottom edge so that they get the correct button in the correct hole
- ✓ Buttons sewn on with thin elastic allow more 'give' so it is easier to pull through the holes - This can also be used for cuffs so you may not need to undo the button
- ✓ Speak to parents about using Velcro as an alternative to buttons - They can sew up the button holes and sew the button onto the closed hole so it looks like it is done up - Then sew a small piece of Velcro to the back of the button, so this can be closed simply by pressing the two surfaces together. This can be done just for the collar button, as this can be particularly difficult
- ✓ If your child is very slow, consider discussing wearing some kit under their uniform if that is reasonable and not too hot!
- ✓ Encourage your child to practise skills at home when they are not in a rush
- ✓ Alternative fastenings such as Velcro on shoes or elastic laces can speed up the process