

# Helping With Dressing Activities

Quick reference  
**SHEET #21**

Some children are not always capable of getting dressed independently when compared to others of a similar age and experience.

This may be due to:

- ➔ Weaker hand strength
- ➔ Difficulties using two hands together
- ➔ Difficulties balancing while dressing
- ➔ Not sure of the order to put clothes on
- ➔ Telling right and left



## Tips to encourage improvement

- 👤 Weaker hand strength**
  - ✓ Playdough and rolling exercises with dough can help strengthen hands
  - ✓ Pushing and pulling games with others
  - ✓ Playing with Lego and other construction toys
- 👤 Difficulties using two hands together**
  - ✓ Threading tasks, doing up buttons on material before doing it on clothing
- 👤 Difficulties balancing while dressing**
  - ✓ Ensuring a stable base – sitting on a low chair or on the floor with their back against a wall
- 👤 Not sure of the order to put clothes on**
  - ✓ Identify where the labels are - Lay clothes out in the order they are to be put on. Use coloured heels in socks to help with orientation
  - ✓ Sit behind the child to demonstrate - not opposite
- 👤 Telling right and left**
  - ✓ Identify where the labels are - Put clothes in such a position to enable the child to pick the clothes up and put them on the correct way around
  - ✓ Use coloured heels in socks to help with orientation
  - ✓ Put R and L stickers in shoes