

Dressing and undressing



Why does my child need to be able to dress and undress?

Being able to dress and undress themselves, encourages your child to gain independence, confidence, and can help them develop self-esteem.

When your child starts school, they will be expected to try and get themselves undressed and dress at times such as when having PE lessons.

How can I support my child to do this?

- Involve your child in the un/dressing process as early as possible.
- Loose-fitting clothing is easier to manage than tight fitting clothing.
- As you are getting your child dressed, start to encourage them to help such as putting on one sock while you do the other.
- Talk your child about the correct way of getting dressed i.e. underwear goes on before trousers.
- Give lots of praise when they have done it – do not worry about it being inside out or back to front!

I can...

Put my own coat on

Try this little trick to help your child be independent in putting on their own coat

- Lay the coat on the floor with arms spread out and the hood/collar facing the child
- Have your child place their arms in the arms of the coat
- Your child then just needs to lift their arms up and over their head and the coat is on

