



Building Kids Dressing Skills

- * Start with undressing first because it is usually easier and do it before your child gets too tired.

This can be done in little parts at first, such as pulling the second arm out of the sleeve.
- * Play dress up. You can also use costumes or make shift clothes as well. A sheet cape, etc.
- * Use stories and books, such as the “Tickle Monster” where they may enjoy donning gloves.
- * Allow extra time for learning. When you are trying to rush out the door is usually not the best time.
- * Practice on dolls can help with fine motor skills.
- * Books that have fasteners can also be useful.
- * Make creative games that involve skills that help with dressing.
- * Dressing up in front of a mirror can be especially beneficial for the visual learning.
- * Make it fun. Play a song they like while getting dressed.
- * Laugh when possible and be engaging when practicing. Have a simple reward ready for work well done.
- * Watch a video with a child engaged in a dressing task. Kids like to watch kids!