

Getting Ready

- February -

I can try to independently undress and dress myself and unfasten and fasten my shoes.

I can help get myself dressed and ready for the day with adult support



Getting dressed requires a child to use both their physical skills and their independence skills. When supporting children in the setting to do task such as, putting their coats on, taking their jumper off or putting their shoes on, they will be using fine motor skills, coordination, balance, cognitive awareness and gross motor skills all at once. It is no wonder this can feel challenging for some children! Support the children by breaking the stages of dressing into their smallest steps. Try to reduce the amount of words you use, but do use visuals and signs to aid the child's understanding of what to do. Scan the QR code or visit the site for more tips: [Gross Motor Skills and Independent Dressing - Your Therapy Source](#)

You can access **First Move** via the Lincolnshire Children's Therapy website. There is an entire section of resources and information related to dressing. You will also find ideas to support other aspects of Physical Development here too. Consider what Physical developmental gaps a child may have that could be a barrier to them being able to dress themselves.

Components of dressing skills	Associated 1st Move programmes
Attention and listening	Look at First Call (the Lincolnshire Speech & Language resources)
Balance	Balance and strength
Orientation	Body/spatial awareness activities
Eye hand coordination	Fine motor activities
Fine motor skills	Fine motor activities
Sequencing	Look at First Call (the Lincolnshire Speech & Language resources)

A child with poor fine motor skills would struggle to do their buttons up and therefore may need focussed support and more exposure to this fine motor skills first.

[First move :: Lincolnshire Children's Therapy Services \(lincolnshirechildrenstherapyservices.nhs.uk\)](http://lincolnshirechildrenstherapyservices.nhs.uk)



Whilst children are developing their independence skills, it can be beneficial for them to:

- wear loose or elastic-waisted skirts and trousers, that are easy to move in
- clothes with velcro or large buttons
- jumpers, t-shirts and underwear with pictures on the front to help them work out which way round they go