

# Our Top Tips!... Getting Dressed

Getting yourself dressed is a daily requirement, but when you're trying to rush out of the house, it can sometimes be easier just to get some help. However, it's really important that you are able to get dressed by yourself. Here are our top tips...

## Time it right

Practice dressing when you are not rushed. If you're an early bird, then give yourself the extra time in the morning. But if you're not, then practice dressing in the evening, at weekends or in the holidays. This will make it a lot less stressful!

## Be supported

Giving yourself a stable base of support will make dressing easier. Don't go balancing on your bed! For example, if you are putting your socks on, then sit on the floor with your back against the wall. Where appropriate, sit down to dress - ideally on a small chair or step, where your feet can touch the floor.

## No distractions

Go somewhere to dress where there are no distractions, i.e. no television or any other interruptions. You will need to concentrate on what you are doing.

## What help do you need?

Are there some items that you can do for yourself? Do you actually need an adult to do it for you, or do you just need them to tell you how to do it? You might be able to get your clothes on, but just need help for fastenings. Do as much as you can for yourself and don't let mum or dad get away with doing it all for you! For example, they might pull your jumper over your head, but then you might be able to put your arms through the sleeves by yourself.



## Dressing versus undressing

Getting undressed is usually easier than putting your clothes back on again. You might want to start by getting really good at undressing first; then work on putting clothes on.

## Tight is tricky!

Loose clothes are easier to take on and off. Begin practicing with something baggy, such as your pyjamas. As you get good at these, progress to clothes that are tighter fitting.

## Look for clues

If you get in a muddle with which way round things go, then look for prompts. This might be that the label in your collar goes on your back, or the button on your trousers goes on the front. Spend time looking through your clothes and find some clues for what goes where, to remind you when you are getting dressed.

## Check it out!

Look in a full length mirror to check yourself once you are dressed to make sure that you have everything right. Or you could even get dressed in front of a mirror, so you can see what you are doing.

## Practicing fasteners

When you start to work on buttons, zips, shoelaces etc, it might be easier to put the item of clothing in front of you, so that you can see it. When you can do it in front of you, then practice with the item of clothing on. Bigger fastenings are generally easier, so choose larger ones to practice with and go smaller as you get really good.

