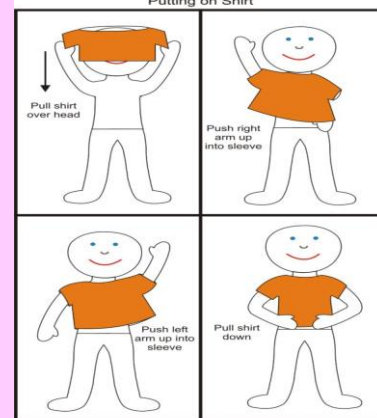


# Dressing and undressing



## Free dressing visual

### resource



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<http://bit.ly/2m6zPI0>

## Easy dressing School Uniform

### Marks and Spencer now do 'Easy fit uniform'

This has been endorsed by The National Autistic Society, as this uniform has;

- Pull on trousers
- Velcro hidden under buttons on shirts
- Seam free socks
- No labels in shirts/jumpers



## Free dressing printable – dress up doll - boy & girl version

<http://bit.ly/2mFBsPU>

### VISUAL CUE CARDS FOR GETTING DRESSED



Free Printable - For Boys & Girls  
www.GrowingHandsOnKids.com

## Free visual step by step schedules

<http://bit.ly/2mmLqFc>

<http://bit.ly/1OyxAXP>



Hood first trick for coats and hoodies



Free printable - 10 day plan getting ready to do fasteners/zips etc.

<http://bit.ly/2mk3MVy>



Great free pack- cut out and build school uniform with your child

<http://bit.ly/2IZUL2p>



## DRESSING SKILLS FOR KIDS

### 1-YEAR-OLD

- Pushes arms and legs through sleeves and pant legs
- Takes shoes and socks off

### 2-YEAR-OLD

- Unbuttons large buttons
- Pulls pants up/down
- Undresses independently

### 4-YEAR-OLD

- Engages zipper
- Fastens smaller buttons
- Puts on socks

### 3-YEAR-OLD

- Puts on shoes
- Puts on pull-over shirt
- Begins to button large buttons
- Pulls zipper up and down after fastened

### 5-YEAR-OLD

- Dresses self without supervision

### 6-YEAR-OLD

- Ties shoes
- Completes all clothing fasteners (hooks, buckles, zippers, buttons)

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### Tips for Parents

1. Right clothes - simple, soft, elasticated, not too tight
2. Choose a time when child is not tired or rushed- try changing out of uniform after school before dinner
3. Start with undressing
4. Dress in front of a mirror
5. Choose items that button at the front especially dresses
6. Learning to dress/undress is easier when you are sitting down
7. Put socks on before trousers
8. Lay clothes over a child in the order of dressing
9. Girls underwear – using laundry marker draw smiley face/bow on the front of underwear
10. Putting hood on head, then arms for coat and hoodies



Cut out key part of an old skirt to practice on

### Clothes right way round?

1. Start with tops with pictures on the front
2. Look for the label at the back before you start
3. Buy a coat with contrasting lining



### Games to play

- Dressing up
- Musical dress up
- Connect Four
- Dressing toys - teddies/dolls
- Posting coins in money box