

How can I support my child who has physical needs with dressing?



Getting Dressed Series Video 2

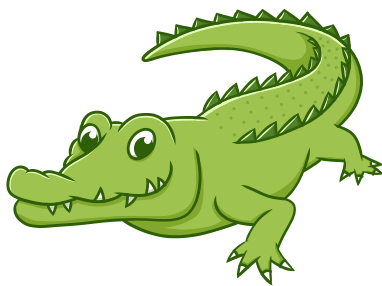


[Watch the full video here](#)



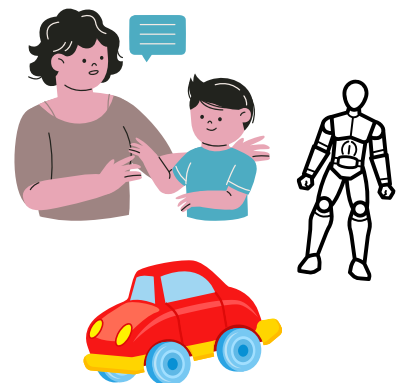
- Challenges with balance and coordination can take it tricky for your child to get their arms and legs into clothing
- This can affect zips and buttons
- Alternative ways to help with getting dressed include:
 - Buying items with elasticated waistbands
 - Buying items with velcro, large zip pulls, elasticated shoelaces or large buttons

Exercises that can help with fine and gross motor skills:



Make a line on the floor, and ask your child to step along it, putting one foot in front of the other, like tightrope walking. Make this more interesting by pretending that they are walking on a tightrope across a river of snapping crocodiles!

Playing 'Simon Says' can help with body awareness



Fine motor skills can be practiced with a treasure hunt. Fill a tub or bowl with rice or other pulses and hide small objects such as cars or small figures and ask your child to find them



Sand play and messy play can also help with practicing fine motor skills



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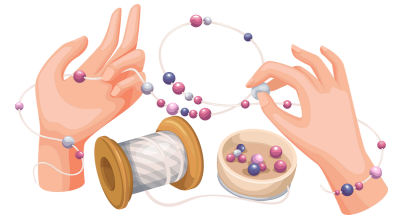
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Older children may not find these activities as exciting, so you could try working with clay, beads or other crafts to help with fine motor skills



Play-Doh or therapy putty can help with hand strength, which is useful for manipulating clothing and fastenings

Dressing a doll, action man or figure can help. Talk to your child about the order in which the clothes need to be put on, or the occasion the doll is dressing for. Does the weather change what the doll might wear?



Which of these do you want to try with your child? Plan them here:

Are there other similar activities you can try?

