

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



Getting Dressed Series Video 4



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Sensory preferences can be related to vision, hearing smell, taste and touch, as well as body senses, such as how we feel internally and how we move our body. Learning about ourselves can help us understand the sensations we want more or less of.

Think about an item of clothing you prefer to wear because of the sensations. What is it you prefer about it? Is it because of the seams? Is it because you like something loose around your neck, or the collar? Is it because of how tight or loose it is?

Write your thoughts here ...

Are there certain clothes that your child particularly likes or dislikes? Is it too loose/tight/rough? Are the labels uncomfortable? Are they struggling to regulate their temperature in that item of clothing?

Why do you think they like/dislike it?

Understanding more about these issues can help make dressing easier!



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Strategies to help with sensory needs:

Before getting your child dressed, do some activities that reduce their arousal levels, for example, having a fun pillow fight or rough play to help regulate them and to give deep pressure

Favour clothes that are made of a fabric that your child likes, and avoid fabrics that irritate or overstimulate your child

Use massages and deep pressure e.g. applying deep pressure to your child's feet before putting on socks

Check clothing for labels and seams, and remove labels where possible

Clothes that have been prewashed and are therefore very soft can help

Clothing such as sports skins that are worn under loose clothing that may otherwise move around on the skin or disturb the light hairs on the skin can help with reducing tactile stimulation

Discuss with your child's school about your child's sensory needs with clothing and potentially uniform. There may be accommodations that the school can make to help

Clothes that are 100% cotton can be more comfortable

Consider buying specialist clothing without seams

