

# What practical strategies can I use to help my child to get dressed?



Getting Dressed Series Video 3



[Watch the full video here](#)



Some children can become dysregulated by the anticipation and anxiety of activities such as leaving the house or going to school

Try having a race with your child, using a beat to get dressed to, or using a time, such as the one in the Jam Up! app

Start with slip on shoes, or use no-tie elastic laces

Organise drawers and wardrobes separately for clothing for play, for school and for going out

Laying out clothes in the shape of a person can give virtual clues, as well as getting dressed in front of a mirror

Deep pressure can help with regulating their body. Pillow fights can help!

Ensure the area that your child is getting dressed in is clear with plenty of space and few distractions

Socks with colourful heels can help your child to see which way up their sock goes on

A foot massage can help a child's feet feel more comfortable when putting socks on

Have an ordered place to keep shoes, make sure your child has a clear and quiet space to put them on

Try backward chaining. Encourage them to put their last item of clothing as independently as possible, then give lots of praise! When they can manage this, get them to put on the last two items of clothing themselves

