



SOCK MONSTER

Try with a Friend!

- See who can put the most socks before you run out of time or feet!
- Make sure to sit down when putting socks on.
- Hold each sock with two hands and bring your leg & foot to your waist
- Bend over and straighten your arms to reach your feet.
- Place sock around foot and PULL!
- Wiggle your toes to get your sock on!
- The player with the most socks on at the end wins!
- Make sure to help with the laundry afterwards!



TRY THIS *At Home!* LET'S GET DRESSED

Dress up your age!

Make sure to ask your parents or guardians beforehand!

- Find some big interesting adult clothes in your home. Make sure to ask first!
- Try to dress as an adult would and put on a fashion show for your family and friends.
- You can even add accessories for a day at the office, or a night on the town!



All Dolled Up!

- Dress your dolls or stuffed animals up for different events!
- Pick out the best outfit so that they'll be comfortable on their adventures!
- Some events could be:
 - The Beach
 - A Wedding
 - Playing in the snow
 - Playing a sport





Deconstructed Dressing

Psst... Show this to a parent or guardian!

Why Focus on Dressing Skills?



"I can do it myself!"

It's a phrase that most parents hear at one time or another as their child begins to develop the skills needed for independence in self-care (Beck, 2016). Sometimes, however, there are factors that interfere with appropriate development of function (Beck, 2016). Parents may wonder when their child will begin to pull on their shirt or put on shoes and socks with independence (Beck 2016). The ability to dress one's self with independence requires the development of many fine motor skills (Beck, 2016).

Occupational Therapy professionals understand that dressing is a basic Activity of Daily Living (ADL). Being able to get dressed is a fundamental component to participation in daily life. Occupational Therapists know from experience that kids' ability to dress themselves plays a big part in relieving family stress and improving family routines (Kiley, 2016). This is true whether a child has a disability or not.

Occupational Therapists can help parents and children learn how to build skills and/or modify dressing tasks in order to help children be more successful and independent with this ADL (Kiley, 2016).

How will Practice Benefit Their Development?

Not only is it helpful when a child can dress him or herself, but it's also beneficial to the child in many ways — they work on building up strength, range of motion, coordination, memory, sequencing, spatial awareness (knowing where your body is in space), and body awareness, as well as learn how to complete a daily activity that is important and meaningful to them (Kiley, 2016).

Breaking down the dressing activity can help to develop and build individual skills such as finger dexterity (skill with using hands) and coordination to button up shirts or sequencing and hand-eye coordination to tie shoes. Children should be provided with many repetitions of self-care skills in environments where dressing tasks are happening naturally (Beck, 2016).

- Dressing practice happens at the beginning and end of the day but there are many opportunities for working on the fine motor skills needed in dressing tasks.
- Build in extra time to the morning routines of getting ready to ensure that there is enough time for the child to try to get dressed independently. If needed, help can be given after the child learns and tries it for themselves.
- Putting on shoes and socks can happen before going outdoors and when coming into the home.
- Toileting is a way to practice lower body clothing management throughout the day.
- Children can further build independence with dressing through pretend play by using dress-up clothes.
- Repetition can be a strategy for increasing opportunities for practice.
- Provide various dress-up clothes in different social roles for many ways to practice dressing skills.
- Encourage role play as a technique to build fine motor skills in dressing: Children can dress a baby doll.
- Provide alternate opportunities to practice fine motor skills needed for dressing such as toys to help kids practice dressing skills.

Oh Snap! Some tips for Buttons , Buckles and Snaps

(Greutman, 2016).

There are so many great ways to encourage the skills needed for using buttons, snaps, zippers and buckles in just every day fun activities. It doesn't even need to be an activity that uses any of these items, as long as you are encouraging the use of specific skills children need in order to develop these important care of self skills.

These are some fun play or activity ideas that will help to improve all the skills needed for learning how to button, snap, zip, and buckle. Activities include stringing beads (small, medium, or large beads depending on your child's age), using scissors (holding the scissors with one hand, holding the paper with the other), lacing cards, peeling stickers, thread buttons, using clothes pins to pick up objects, using fine motor tweezers or tongs, using a hole punch to cut out designs

Beck, C. (2021). Independence with Self-Dressing and Fine Motor Skills. Retrieved from <https://www.theottoolbox.com/independence-self-dressing-fine-motor-skills/>

Greutman, H. (2016). Learning How to Use Buttons, Snaps, Zippers, and Buckles Through Play. Retrieved from <https://www.growinghandsonkids.com/learning-how-to-use-buttons-snaps-zippers-and-buckles-through-play.html>

Kiley, C. (2016). When do kids learn to dress themselves?: The developmental progression of self-dressing skills. Retrieved from <http://mamaot.com/when-do-kids-learn-to-dress-themselves-developmental-progression-of-self-dressing-skills/>

