



I Can Take It Off

Let your child finish one manageable step of taking off their clothes.

Helps Your Child Grow



Fine Motor

Grasping and pulling clothing while coordinating both hands gives your child repeated practice with the fine movements used in dressing.

Steps

- During the daily routine, notice how much your child can remove independently. Help with the point that is difficult, then invite them to finish.
- Socks: If the sock gets stuck at the heel or ankle, support the foot or loosen that section and let your child pull the rest off.
- Pants: If the pant legs get stuck at the ankles, open one cuff wider or free one leg, then let your child continue.
- Jacket: If your child can pull a hand from a sleeve but cannot move the jacket off their back, slide it down from the shoulders to the arms and let them pull it away.
- Acknowledge the specific action after each attempt: "You pulled your sock off!"

Tips

- Demonstrate difficult movements slowly so your child can see how your hands work together.
- If your child becomes frustrated, offer comfort and a short pause before another attempt.

Observations

- ☐ Grasps and pulls to remove part of their clothing
- ☐ Reaches toward you for help when clothing gets stuck