



I Can Get Dressed

Turn everyday dressing into practice for two busy hands.

Helps Your Child Grow



Fine Motor

Reaching, grasping, pulling, and lining up clothing gives your child repeated real-life practice controlling and coordinating both hands.

Steps

- Putting on and taking off clothes naturally involves fine hand movements such as grasping, reaching, pulling, and lining things up.
- During each dressing routine, invite your child to take one active part, such as finding a sleeve opening or lifting a foot.
- Choose a step that matches what they can do now, then gradually reduce your help. They might pull up their pants, pull a zipper, or push one arm through a sleeve.
- Let your child choose between two suitable outfits. Having a say in what to wear may make joining the routine more appealing.
- Over time, offer different types of clothing - a pullover, a zip-up jacket, or a garment with large buttons - so your child can practice a wider range of hand movements.

Tips

- Your child does not need to complete the whole routine alone. Do the difficult half, then leave the final grasp, pull, or push for them.

Observations

- Tries to put on part of an outfit independently
- Chooses an outfit from the options you offer