

# Teaching Kids

## How to Get Dressed

### 1 || Pop Toobs

Snap two Pop Toobs together and then snap the ends together to make a circle.

Have the child put the circle over his head and pull/push it down over his body and down to his feet.

Then pull it back up over his body and back over his head!

### 2 || Theraband

Tie a length of Theraband in a loop. Make the loop large enough that it will fit around the widest part of the child's body, but not much bigger than that – you want there to be some resistance to work against.

Have the child take the loop of Theraband and pull it over his head and down over his entire body to his feet and back up again! See how quickly he can do it, and repeat several times for practice.

### 3 || Slippers

Another great way to practice putting on and taking off shoes is with slippers! They're softer, less rigid, and easier to get on and off – but still require the same movement and a little bit of strength too!

### 4 || Body Sock

Practice pulling over the arms and legs to get the body inside! This is great for motor planning and strengthening and adds proprioceptive input for body awareness.

### 5 || Flip Trick

Have the child stand facing his coat and place his hands and arms partway through the sleeves. Show him how to flip the coat up and over his head, sliding it the rest of the way onto his arms as he goes!

### 6 || Play dress-up!

Keep a bin of dress-up clothes in your living room or classroom and encourage kids to put on and take off shirts, dresses, pants, and accessories. Bigger clothes are great for practicing the motions needed for dressing without the resistance of elastic or tight-fitting items.

### 7 || Bath Time and Bed Time

Have kids help with taking off their clothes at the end of the day and then with putting on their pajamas, socks, and slippers! Better than trying to do it while you're rushing out the door in the morning!

### 8 || Play with tape and stickers

Using colorful tape and stickers is a fun way to help kids practice reaching for different parts of their bodies. Place stickers or tape on the back pockets, on the backs of the shoulders, or on the bottoms of feet for the child to find and pull off.