

For further information about this service contact:

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We've produced a short video for children and families explaining the Covid 19 changes when visiting sites. The video walks through a clinic visit and has been created from a child's point of view - watch here: <https://vimeo.com/456074930>

To access our website page, visit:
www.cambscommunityservices.nhs.uk/BedsandLutonOT
or scan this QR code



Parking
Disabled parking spaces are available near the entrance at both venues and there is ample other free parking.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Tips for developing Dressing Skills

Paediatric Occupational Therapy



General hints and tips:

- Ensure that the child is sitting in a stable position, e.g. on the floor, sitting on a chair or firm bed with his or her feet supported. If sitting balance is poor, try sitting against a wall.
- Sit next to, in front of, or directly behind the child (according to their individual needs) during activity and guide them through the task.
- Dress in front of the mirror to provide visual cues and use to check all is correct before going out.
- Start with undressing, as this is easier than dressing. Undressing before bed and helping to put on pyjamas is a good time to start as you have more time at night than in the morning.
- Follow a consistent sequence and technique when dressing:
 - ⇒ Clothes can be placed in a neat pile in the order in which they need to be put on.
 - ⇒ Follow the same technique for each garment, e.g. t-shirt is put over the head first and then the arms are put through the sleeves.
 - ⇒ The order and technique can be written down so that it can be followed by other carers and school staff.
- You could use pictures as a visual prompt to help the child remember the clothing order/technique.
- Describe actions and parts of the body as you are helping your child to dress, e.g. 'put right foot in.'
- Instead of automatically correcting a mistake, get the child to look (maybe in a mirror) and feel if all is correct. Then encourage them to identify and sort out what needs to be done, e.g. T-shirt needs pulling down.
- Try to avoid fastenings, tight clothes and lots of layers. Instead use loose fitting clothing, e.g. tracksuits, sweatshirts. Use clothes with wide neck and arm holes to make it easier to locate these. Initially it may be easier to practise with clothing a size too big.
- Try not to watch all the time; the child may do more when left alone.
- Encourage child to do general fine motor activities to develop hand strength, grasps and in-hand manipulation skills.



Buttons:

- Posting games like pennies in a piggy bank. Encourage your child to use 'pinch' fingers.
- Threading games with cotton reels, beads and big buttons. Work with smaller sizes as the child's skills develop.
- Once the child has mastered threading, post pennies through a slit in a square of paper. Then use scraps of material to post pennies through.
- Put two big buttons on either end of a piece of elastic and thread on bits of paper or material onto the elastic. Make the slit smaller as the child's skills develop.
- Once they can manage these skills you can start using things with button holes.
- Practice with large buttons on a soft fabric initially.
- Ensure button holes are large enough and put the button on elastic or a longer thread.
- Toggles are good to practice with.
- Put toys, games and favourite things in bags with buttons.

Zips:

- Start to practice zips by allowing play with purses and bags with zips.
- Put toys, games and favourite things in pencil case or bags with zips.
- Add a key ring or tab to zipper to help with pulling up, or you can consider a Magzip (www.dnsdesignsilc.com/magzip/) which requires less dexterity than a standard zip.

Shoelaces:

- Ripping paper/card, kneading dough, playdoh games - to increase hand strength needed when tightening the lace.
- Paper weaving, constructional toys, lacing games – can help you understand how the lace goes behind and is posted through.
- Tying bows with different coloured ribbon (use wide ribbon to start with).
- Obstacle courses – practising concepts of under, over, around and through. Try copying these in a sequence.
- Practice with two different coloured laces to make following the shoelace tying instructions easier.
- Try with a skipping rope over the child's foot to get the hand of the movements required.

You can also visit the following websites to assist you with teaching tying shoe laces:

- www.youtube.com/watch?v=wMuNjnNyaiA
- www.youtube.com/watch?v=BeSkBOYUlag