

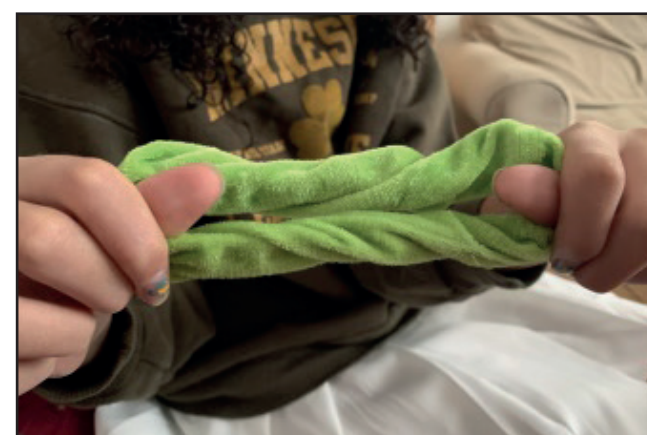
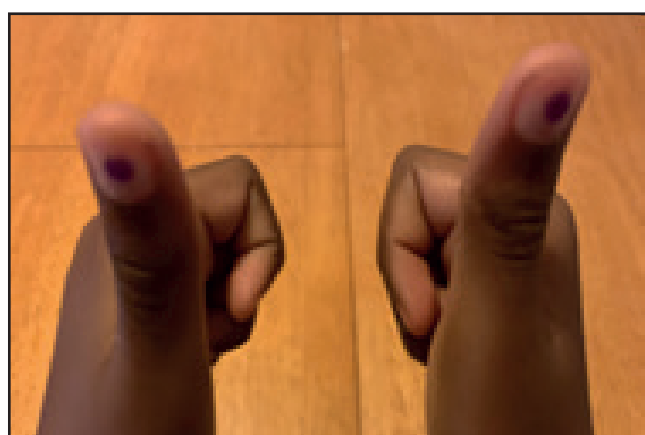
Development of Dressing Skills - socks

Getting started - Stage 1 of 4

Activities using both hands

'Getting Started' skills include: showing an interest and attempting to pull at clothes, lifting arms/ legs when asked or spontaneously, body awareness, shared attention (looking at the same thing together), visual attention (focusing on something), motivation to engage, variety of grasps and grasp strength.

Give opportunities for the child to physically imitate/copy simple actions (Hands in the air, hands on head, clapping, reaching feet). Identifying thumbs and moving them, using them to stretch open elastic bands and hair scrunchies.



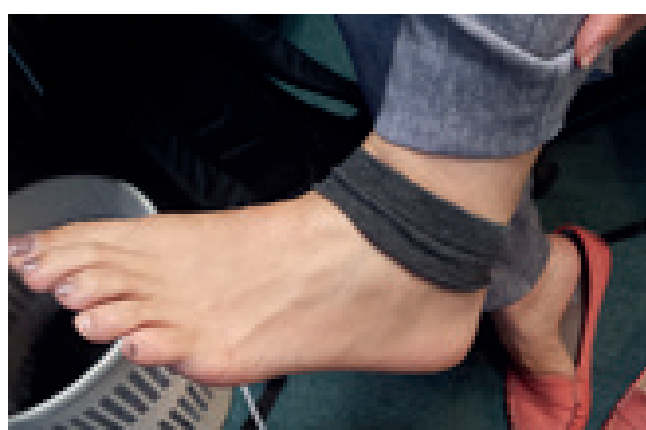
Next Steps - Stage 2 of 4

Your child should be in a balanced, supported sitting position on the floor - sitting with their back against a wall or stable piece of furniture, or supported by an adult.

Encourage using both hands – tucking thumbs inside the sock on opposite sides.

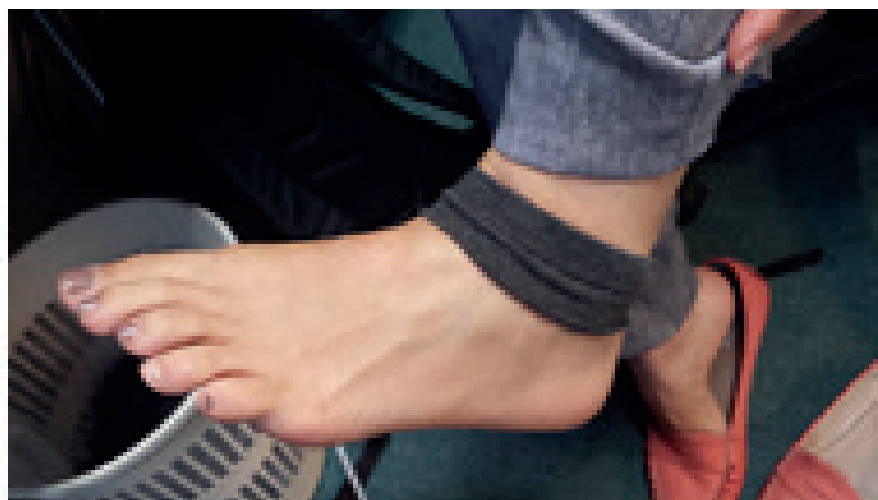
The child should try to bend the knee of one leg to bring the leg nearer to the trunk with arms encircling the leg (as shown below). Encourage the child to keep the foot on the floor rather than lifting it up while trying to take the sock off or put the sock on.

Cut the tops off old or odd socks or use colourful Scrunchies to practice tucking thumbs inside on either side, stretching wide and pulling down the leg and off the foot.



Getting there - Stage 3 of 4

Progress to practising putting socks on using the adapted old socks and following the sequence below. Encourage using both hands on opposite sides, tucking thumbs inside.



Socks with coloured toes and heels can help to guide the child to position the sock accurately.



Ankle height socks and Tube socks can be easier to get on in the early stages of learning.

Feeling confident - Stage 4 of 4

Twisting and adjusting socks can be tricky. Practice using 'pinching fingers' in play and activities. Ask your child to show you their pinching fingers (index finger and thumb) prior to trying to adjust the socks. Demonstrate and teach using both hands on opposite sides. Saying "Pinch and pull" or "Pinch and twist" can help the child remember the grasps and movements



**"Pinch
and
Pull!"**



**"Pinch
and
Twist!"**