

PRIMARY TRANSITION INFORMATION SHEET

Dressing

When your child is starting Primary School you might want to consider how able they are to get themselves dressed. This will help improve their independence for playtime, getting ready for school and getting changed for PE. Dressing relies on a number of different skills including co-ordination and balance.

There are some [videos on KIDS](#) which you and your child can use together to help them practice different dressing tasks. These videos are very simple and show the steps of different tasks clearly and slowly. You can pause them at any time and use them to help you practice together.



Learning new tasks can be tricky but with lots of practice, repetition and patience you and your child should see progress. We would encourage you to practice dressing tasks required for school with your child before they start. Try and keep the activities fun and short to keep your child interested.

Shoes and Wellies

Your child may need to change between indoor and outdoor shoes. It is important to think about what shoes they wear and take to school to make this as easy as possible for them. Avoid shoelaces and buckles if you can.

Getting your child to sit on the floor or a chair means they don't need to balance when doing this task.



Jacket

Before putting on a jacket, check the arms are the right way first. Having a jacket with a different coloured lining can be helpful.

Take time to look for the sleeve and armholes. Be sure your child is always looking at what they are doing. Practice taking a jacket on and off a hook, as your child would at nursery and school.

You can practice these skills using other clothing like hoodies, cardigans and dressing gowns too.



A useful tip in helping a child to learn a dressing task is to break the task down into steps and allow the child to complete the final step so they achieve success. This is called backward chaining ([see KIDS for more information](#)).

As your child's skills improve, you can get them to complete more steps of the tasks. You can use backward chaining to teach any skill. Try practicing putting on shorts and t-shirts for gym by teaching the last step first.



Hints and Tips

Practice when you have time and are not rushing to get everyone out of the house. You might find practicing at the weekends, after nursery or at bedtime a good time to practice. Teach undressing first, it is easier, you might need to help with fastenings though. Avoid zips, buttons and poppers to start with. Fastenings come later. Use loose-fitting clothing. Get your child to sit down. Especially when dressing their bottom half or putting on shoes. This means they don't have to worry about balancing as well as everything else.

Make learning to dress fun!

- Dress up - try using adult clothes, these are bigger and baggier so should be easier.
- Race your child, who can put on their t-shirt fastest.
- Dress a teddy or a doll.
- Be silly, put socks on your hands and pants on your head. Make your child laugh and tell you that you got it wrong!
- Use songs and rhymes. For example sing "this is the way you put on your ..."



Buying School Uniform

Choose clothes that your child can manage themselves. A polo shirt is easier than a school shirt. You might also want to buy a size too big for jumpers, polo shirts and jackets. This will make them looser. Make sure your child can manage the zip on their jacket. Look for chunky zips or if the zip pull is too small you could add a keyring or hair band to make it easier.



- Look for elasticated waists with no fastenings on trousers, short and skirts.
- Avoid tights where possible and especially on gym days.
- Look for slip on shoes/boots with Velcro straps or zips.
- Avoid shoes with laces or buckles.

There are lots of ways you can help your child to learn to dress.



Practice when you have time



Play and make it fun



Choose clothes carefully



Get them to sit down