

Supporting your child to undress

Teaching a child to undress is easier than teaching a child to dress.

Strategies and advice

- ❖ Allow plenty of time for the activity – avoid rushing
- ❖ Establish a routine and keep the sequence the same
- ❖ Ensure your child is in the correct position i.e.: sitting on the floor, chair or bed or last step at the bottom of the stairs so that they are well supported and able to use both hands freely
- ❖ Make your child aware of different body parts by talking them through “pull your arm out of the sleeve” “let’s pull you top up to your neck and then... ready... over your head”
- ❖ Provide clothing that can be operated easily – buttons and zips can be difficult, consider elasticated pants, button free tops and shoes without laces.
- ❖ Consider the use of flash cards or picture cards to assist with sequencing of undressing
- ❖ If your child gets stuck don’t be tempted to take over, ask “What part do you need help with?” and guide with words or actions.
- ❖ Enjoy your time with your child when practising this activity and give positive feedback.



Pants

Start practising with loose trousers and shorts as these are easier show your child how to use both hands to grip the side of the trousers and pull them down.

Shoes and socks

Ensure that your child is able to reach their feet and maintain a stable position. Demonstrate how to remove by undoing the fastenings first and pulling shoe open to loosen it. Then pull it upwards with hand under heel – again “backward chaining” method can be utilised.

