

Is not yet age-related independent when dressing or undressing.

Getting dressed is an important skill for children to learn. Children will develop skills like dressing themselves at different rates. One of the important things you can do to support children to be ready for school is to help them practise getting dressed and undressed independently. Giving children the opportunity to practice dressing activities will support them in developing independent practical skills.

Typical development

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| 3- to 4-year-olds will be learning to: | be increasingly independent as they get dressed and undressed, for example, putting coats on and doing zips up. |
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How can practitioners support children to get dressed?

- Encourage children by helping them, but leaving them to do the last steps, such as pulling up their zip after you have started it off. Gradually reduce your help until the child can do each step on their own.
- Adult to do up zips and buttons on coats whilst standing behind child's shoulder so they can view the process from their perspective.
- Allow plenty of time for practising getting dressed, we don't want children to be rushed whilst they are learning these skills.
- Begin practising with clothes that have larger fastenings that are more manageable for little fingers.
- Attach a length of ribbon to zippers to make it easier to grasp.
- Identify which way round clothing should go on with a small tag or mark inside the front and/or back.
- It helps to break down getting dressed into small steps. Teaching the last step first can work well.

Activity ideas

- Offer threading, 'popping', and posting activities to provide opportunities for children to develop their hand/eye coordination.
- Provide 'dress up' activities to give children opportunity to practice dressing and undressing during play. This could include uniform from local schools.
- Sing action songs that encourage children to know where their body parts are located e.g. reach their hands behind their backs.

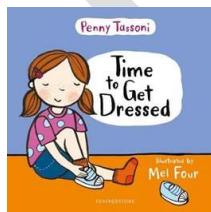
Useful resources

Simple tips for dressing - [Getting dressed for success | Pre-school | Health for Under 5s](#)

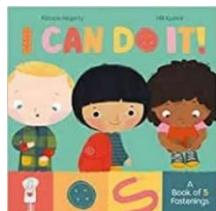
NHS GGC advice for dressing - [Dressing Myself | NHS GGC](#)

Children's book ideas –

'Time to get dressed' by Penny Tassoni



'I can do it! A book of 5 fastenings' by Patricia Hegarty



For more book ideas you could visit the Booktrust website - [BookTrust: Getting children reading | BookTrust](#)