

Sensory and Physical

What you might see:

You might see a child who:

finds it hard to follow the steps involved in getting dressed.

struggles to put clothes on the right way round.

has difficulty managing fastenings such as buttons, zips, or laces.

Fine Motor Skills - Dressing

What you can try:

- Talk with Parent Carers about reasonable uniform adjustments, such as easy fastenings or looser clothing.
- Allow extra time and provide appropriate support when children are changing, for example, for PE.
- Teach dressing skills step-by-step within familiar and supportive routines.