

WINTER DRESSING FOR KINDERGARTEN



Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

M.A.T.C.H. TO BUILD INDEPENDENCE

Modify The Task:

- Choose clothes that fit and are easy to put on
- Choose clothes with a minimum of fasteners
- Add a tab or zipper pull to make it easy to pull up

Alter Your Expectations

- Leave plenty of time

Teach Strategies

- Use visuals to show order clothes go on
- Put visuals at eye level near hook for easy reference
- Use a song to reinforce sequence

Change The Environment

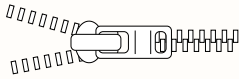



- Allow Space
- Sit for stability








Help By Understanding

- There is more than one way to get dressed - use the one that works for the child

I AM... WHAT CAN I DO?

 3-4 years old 	<ul style="list-style-type: none"> •Undresses independently •Buttons/unbuttons large buttons •Unzips zippers •Needs help with snaps, clasps, and starting zippers •Can put shoes on correct feet •May need help with socks <p>Manages boots, mittens, and hats</p>
 4-5 years	<ul style="list-style-type: none"> •Dresses/undresses independently except for back buttons and shoelaces •Can start zippers •Buttons, snaps, and clasps at top of pants can be challenging <p>Inside out clothing can be a challenge</p>
 5-6 years	<ul style="list-style-type: none"> •Ties shoelaces •Can manage most clothing fasteners <p>Tight waistbands with snaps, buttons, or clasps may be a challenge</p>

GET READY TO PLAY IN THE SNOW!

1	2	3	4	5
				
Snow Pants	Boots	Coat	Hat	Mitts

Visit the P4C website <https://www.partneringforchange.ca/>

