

Practical Strategies for Dressing

Occupational Therapy



What is Occupational Therapy ?

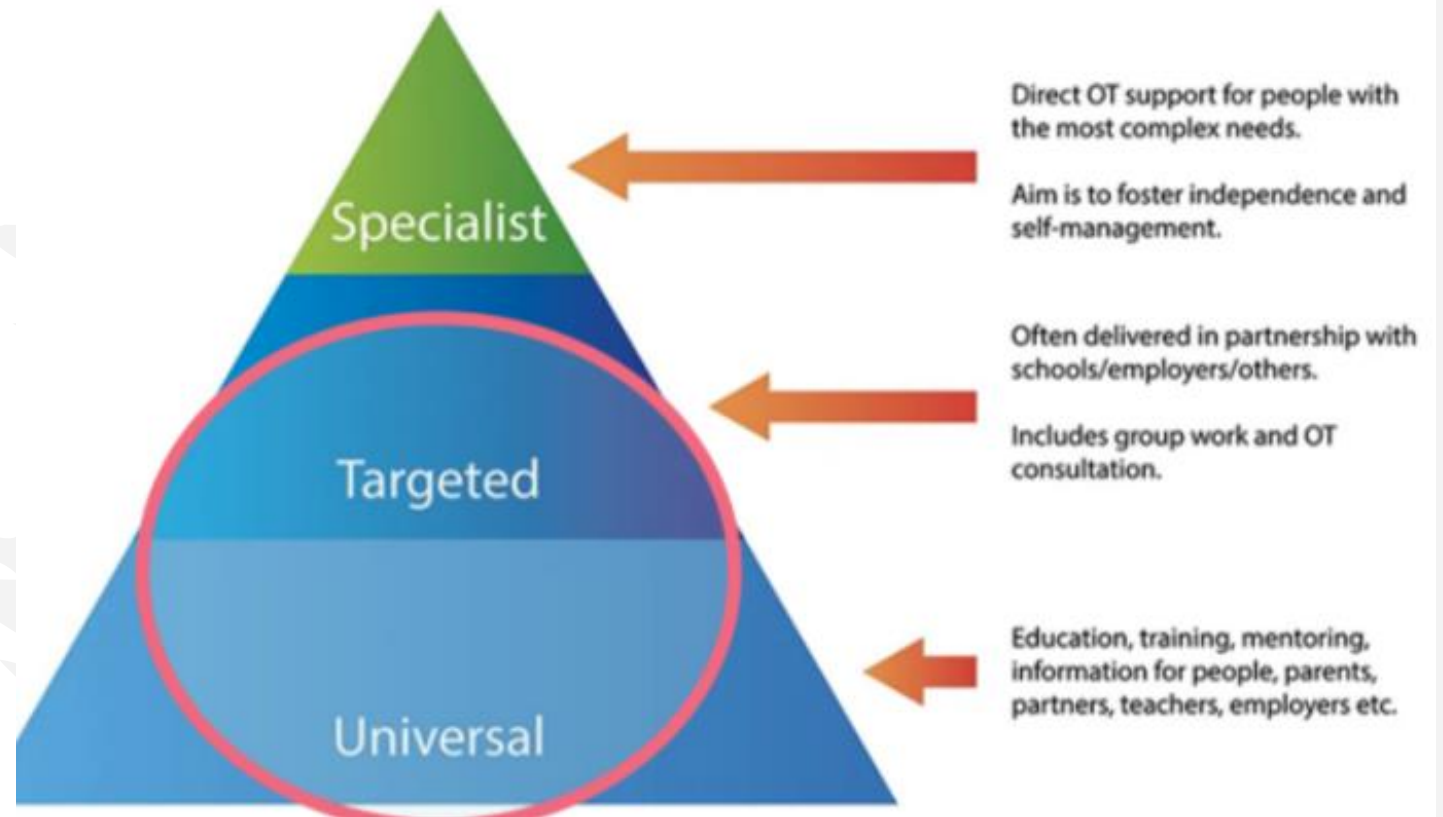
What?

We support children to be as independent as possible in everyday tasks (occupations), at home and at school.

How?

By looking at: the Child, the Task and the Environment!

In Stormont: Support with a universal approach applying OT strategies to the full school, to support all students and run target groups like 'Girls group' that was supporting with puberty and a 'Shoelaces group.'



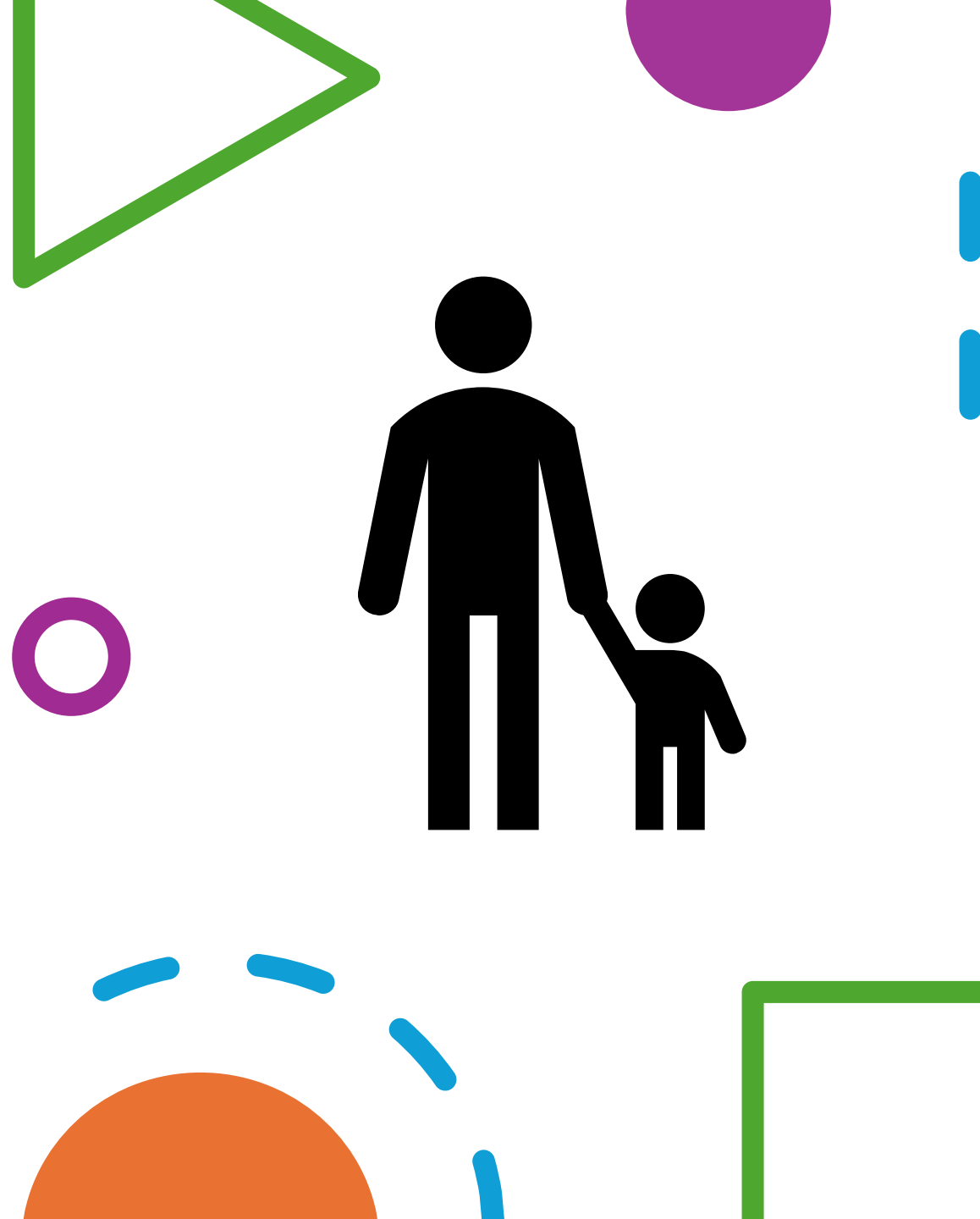
Introductions

Your child's name?

Your child's age?

What are they good at?

What is one thing that is difficult for them to do?



What independence skills does your child need to learn?

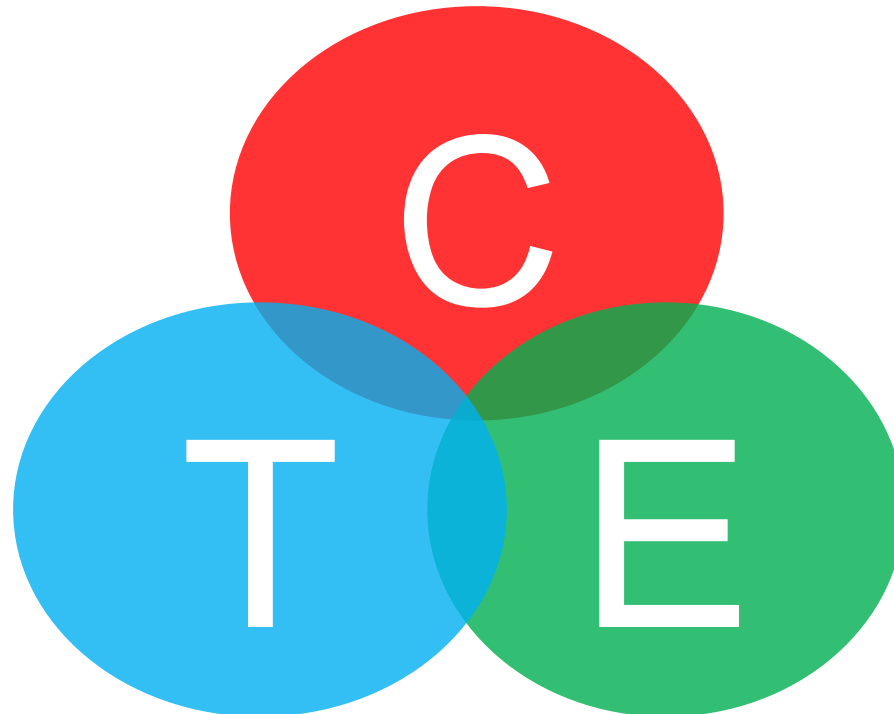
- To be independent adults we need to be able to...
 - **Look after ourselves (self care)**
 - Be productive (productivity/school)
 - Have fun! (leisure/play)

- Today we are going to focus on the area of Self-care.



What can make it difficult to learn new skills?

- We need to consider three things – **Child**, **Task** and **Environment**.
- These three things work together, and we must consider them **all** when thinking about the child's performance of the task.



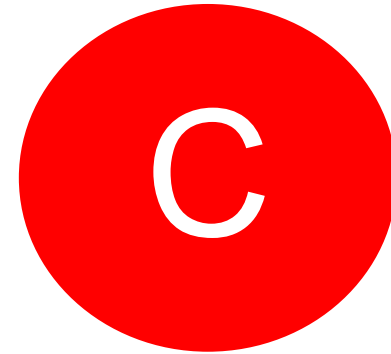
Task

- Is it realistic?
- Are there sensory components of the task that are hard to cope with?
- What is the task?
- When is it ? ie. Morning



Child Factors

- Motivation
- Understanding
- Communication Skills
- Attention
- Regulation (emotional/ sensory)
- Sitting and posture
- Fine motor skills and coordination



Environmental

- Where?
- What and who else is in the environment?
- Distractions e.g. noise, visual
- Positioning/sensory
- Who and how much support can we offer?





Share

- Has anyone tried any strategies with their child to support dressing skills and promote independence that have worked well?



Tips and Techniques:

Grading - a method of modifying how an activity is performed to make it more manageable

- Break the task down into steps
- Get your child to do the steps that they can do.
- See if you can make any of the steps easier?
Eg in shoelaces, using the bunny ear technique.



Backward chaining:

You start the activity, and your child completes the last step.

- Break the task down into small steps.
- You complete all the steps except the last one.
- Your child practises the final step- Success! (Instant reward)
- Once mastered, practice the last 2 steps, then 3 steps etc until you reach first step



A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

TASK— taking
off a jumper

- Can you break the task down into 5 steps?

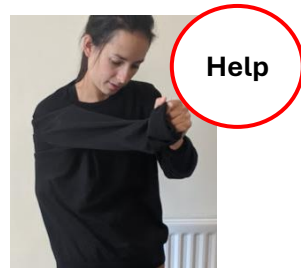


Example:

- **Backward chaining** – example: taking off a jumper



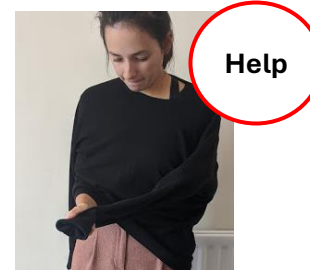
1. I pull the end of the right sleeve with my left hand.



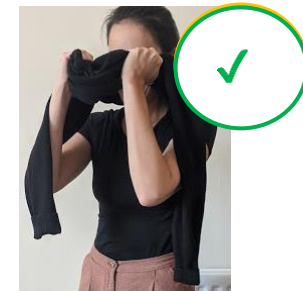
2. I pull my hand out from the sleeve.



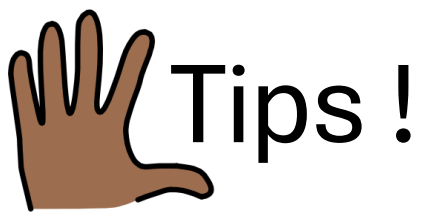
3. I pull the end of the left sleeve with my right hand.



4. I pull my hand out from the sleeve.



5. I pull the jumper over my head.



- **Repetition** is key – be consistent
- **Practice** away from stressful times
- Have a **clear start and finish**
- Use **visuals** e.g. step by step photos
- **Break down** the Task
- Think about the **Environment**.
- Don't put too much **pressure** on yourselves !

Any Questions ?

