

Tîm Camau Bach Tips for getting dressed!



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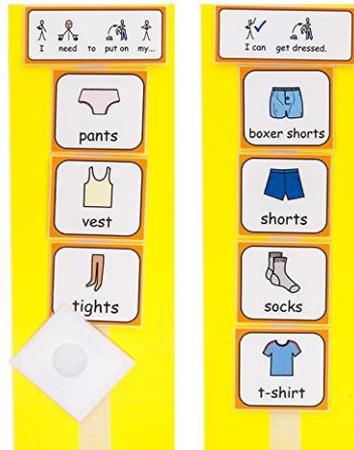
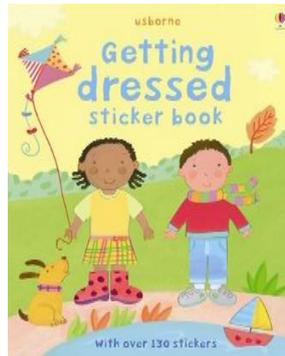
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- Try dressing games and activities
- Try using a visual timetable.



- Try to encourage movement activities first e.g. Bouncing, jumping, star jumps, use the therapy ball.
- Encourage your child to lay out clothes for the morning the night before.
- Establish a good routine> Breakfast, wash, bounce and dress!
- Try a bounce after every item you put on!
- Try not to have the television on or I pad.
- If your child likes music, you can try dressing to music.
- Set a timer and see if you can beat the timer to get dressed.
- Use your child's favourite toy/character to help him. E.g.... Spiderman is going to be fast to get dressed today!!
- Give your child a helping hand: for instance, help to put one leg in pants they can do the other. Work through each item of clothing giving lots of praise.
- Give plenty of time and praise for the task.
- Stick to your routine at the weekends and holidays if you can!! It helps!!