

# Neurodiversity Home 101:

## Getting dressed for school

Some children find it hard to work out which way around clothes and shoes go on and may be slower doing up buttons and fastening.

This may be due to:

- ❖ Weaker hand strength
- ❖ Difficulties using two hands together
- ❖ Difficulties balancing while dressing
- ❖ Not sure of the order to put clothes on
- ❖ Telling right and left



### Ideas to Help:

#### ❖ Weaker hand strength

- ✓ Playdough and rolling exercises with dough can help strengthen hands
- ✓ Pushing and pulling games with others
- ✓ Playing with Lego and other construction toys

#### ❖ Difficulties using two hands together

- ✓ Threading tasks such as buttons on material before doing it on themselves

#### ❖ Difficulties balancing while dressing

- ✓ Ensuring a stable base – sitting on a low chair/on the floor with back against a wall

#### ❖ Not sure of the order to put clothes on

- ✓ Show where the labels are. Lay clothes out in the order they are being put on. Use coloured heels in socks to help with orientation
- ✓ Demonstrate how to do this alongside the child - not opposite.

#### ❖ Telling right and left

- ✓ Show where the labels are. Lay clothes out in the order they are being put on. Use coloured heels in socks to help with orientation.
- ✓ Put R and L stickers in shoes or a red spot in the Right shoe