

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is ... clothes

Thursday

I can get dressed

- Dressing is an important independence skill for children to master, particularly in the run up to starting school.
- Often we are in a hurry so end up dressing children ourselves. There is an order that children will generally learn to dress themselves. You can find it here:
<http://cdn.cumbriapartnership.nhs.uk/uploads/additional-documents/Dressing.pdf>
- To help your child master fastenings you could save buttons/ toggles/ zips from old clothes and sew them on a piece of material for your child to practice with.
- Once your child has mastered dressing themselves you could have races to see who can get dressed the fastest or perhaps start with items of clothing turned inside out to make it harder. Keep it fun – can they beat a timer or be dressed by the end of a song? You could make it even sillier and see how many pairs of underwear they can put on over their trousers.