

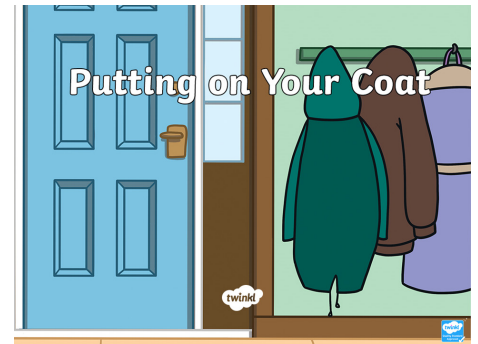
Helping Your Child to Develop Independence When Getting Dressed

Why Is Developing Independence Important?

Although staff are always on hand to help your child, it is important for your child to become more independent in doing tasks such as putting their coat or shoes on. This can allow children to feel proud.

Putting on Their Coat

During the Early Years Foundation Stage, children have access to an outdoor space throughout the day, so being able to put their coat on is an important skill for your child to learn. The [Putting on Your Coat Presentation](#) included within the pack is a handy step-by-step guide to teach your child how to put their coat on.



Putting on Their Socks and Shoes

Whether it is to go and play in certain areas of the classroom, or to put their wellies on to go outside, your child needs to be able to take off and put on their shoes independently. A good first step is to teach your child how to put on and take off their slippers as these tend to be easier than shoes. Then, move on to their shoes.

One way to help your child know which shoe is the left and right is to cut a sticker in half and stick them on the soles of the shoes so that when put together they make a complete picture.

Another skill for children to learn, in preparation for P.E., is to take their socks off and put them on again. Start with bigger socks then progress to more fitted socks.



Getting Dressed by Themselves

Getting dressed independently is an important skill your child needs to learn, particularly when they start to have P.E. lessons. To start with, teach your child to take off and put on their jumper. Then, help your child to begin to get dressed by themselves. A top tip is to allow lots of time for them to get ready by themselves. Other useful resources to help children with putting their clothes on in the right order are these [Getting Dressed Routine Cards \(Girls\)](#) and [Getting Dressed Routine Cards \(Boys\)](#).

Another good idea is to set up a dressing-up area with lots of different types of clothes and shoes for your child to try on to help them practise the skill in a fun and engaging way.

Helping your child develop independence is a wonderful thing to facilitate.

