

## Dressing: Pre-Dressing Activities

- Use obstacle courses to develop concepts of under, over, through, front, and behind, and to practice motor planning skills.
- Threading toys and lacing cards can be used to help develop the concepts of push, through and pull.
  - This activity helps to develop eye-hand coordination necessary for the finer aspects of dressing.
- To develop body awareness and reaching patterns use pretend games, 'Simon Says', and singing songs to encourage recognition of and the ability to reach to body parts such as the head, shoulder, knees, feet, etc..
- Describe what you are doing when you dress/undress the child. This is important to help the child learn to associate the movements, with the perceptual concept and the language symbol.
- Use dress-up dolls, paper dolls, cut-out dolls to help the child learn the sequence of dressing and the correct placement of clothing.
- Jewelry items such as necklaces and bracelets can be used to practice reaching patterns of over the head (t-shirt) and onto arms (t-shirt) and legs (pants, shoes, socks).



[At-Home Activities to Practice Getting Dressed - YouTube](#)