Towards independence series - 7

We can dress ourselves !

We Can Dress Ourselves !

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(Funded by UNICEF)

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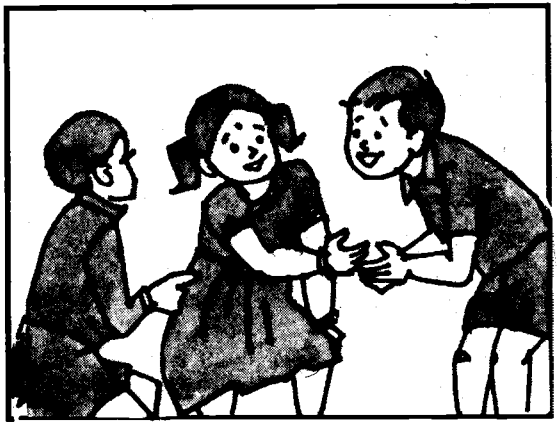
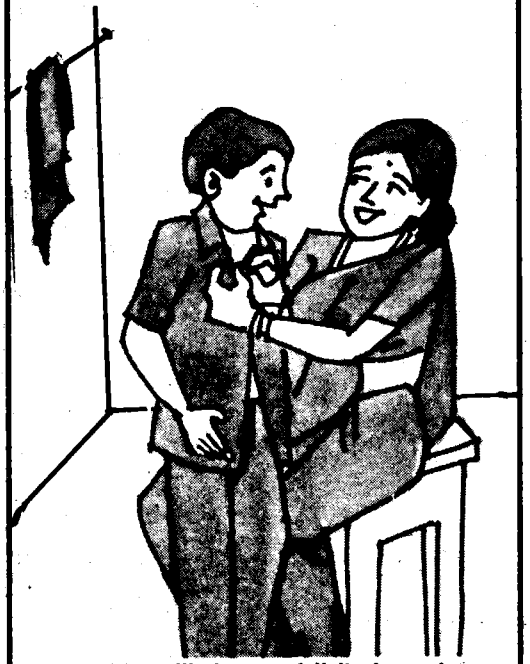
Artist : K. Nageswar Rao
Printed by : G A Graphics, Hyd - 4, Ph : 312202 & 226681.

Appearance is important for social acceptance. How a person appears, depends on his ability to dress.



A child who is slow in development, may be slow in learning dressing skills too.

Doing it yourself may be easier than training him in it ! **BUT.....**



this will delay child's learning further.

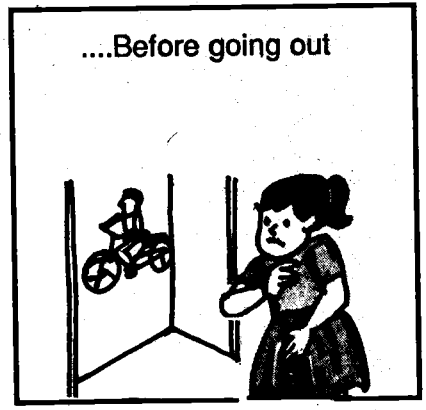
Training in dressing....

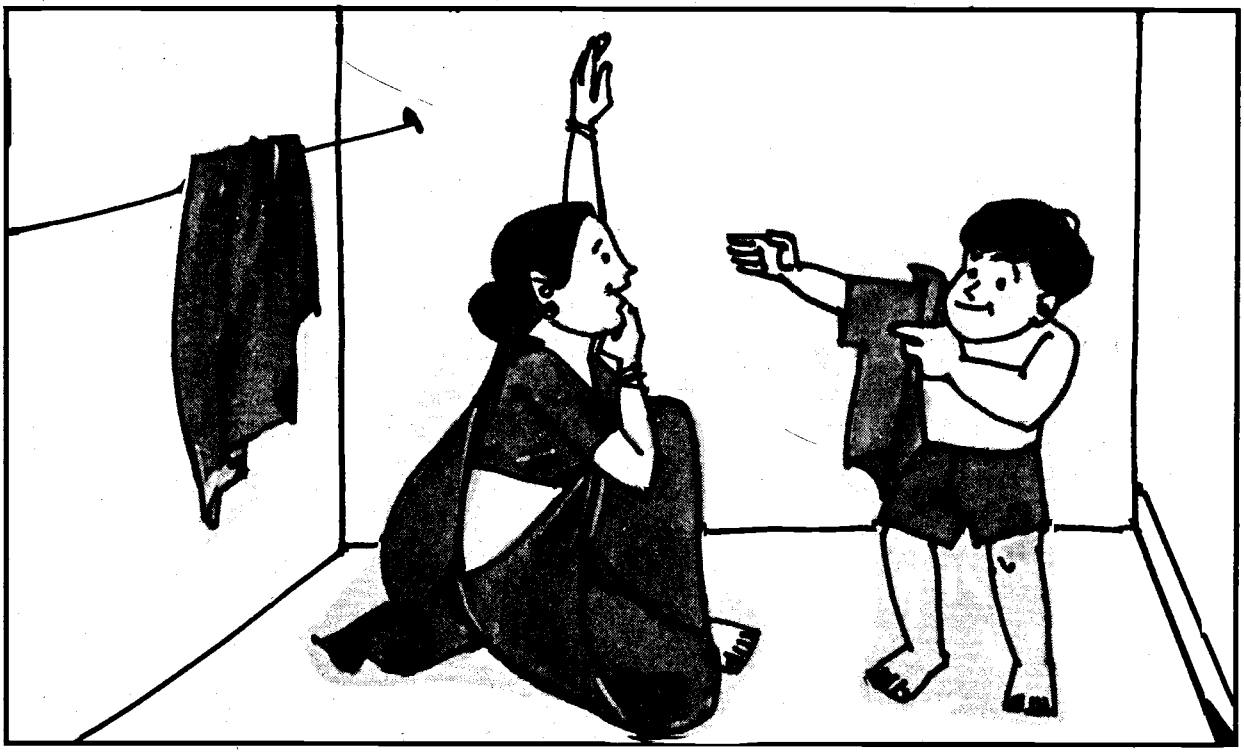
- makes the child more independent in daily living.
- gives the child a sense of satisfaction and pride.
- reduces the workload of the caretaker.

Hence, the need for training

GUIDELINES

Teach dressing and undressing at appropriate times....

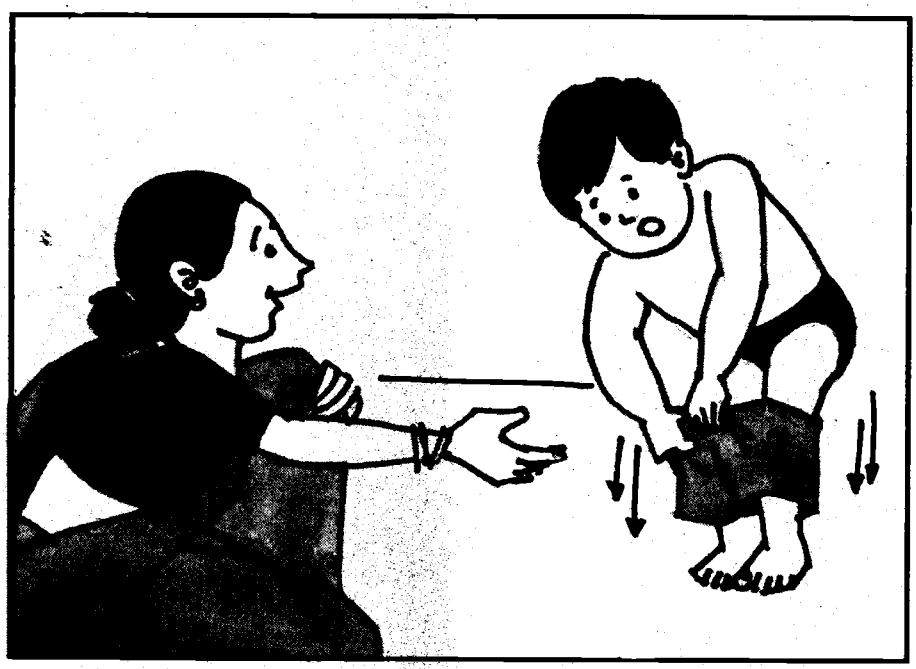




Teach the child to move his hands and legs as per your directions.

Get the child's cooperation, while dressing .....

.... by holding the arm hole/leg hole of the garment close to the child's body, and encouraging her to push her hand/leg through the hole.

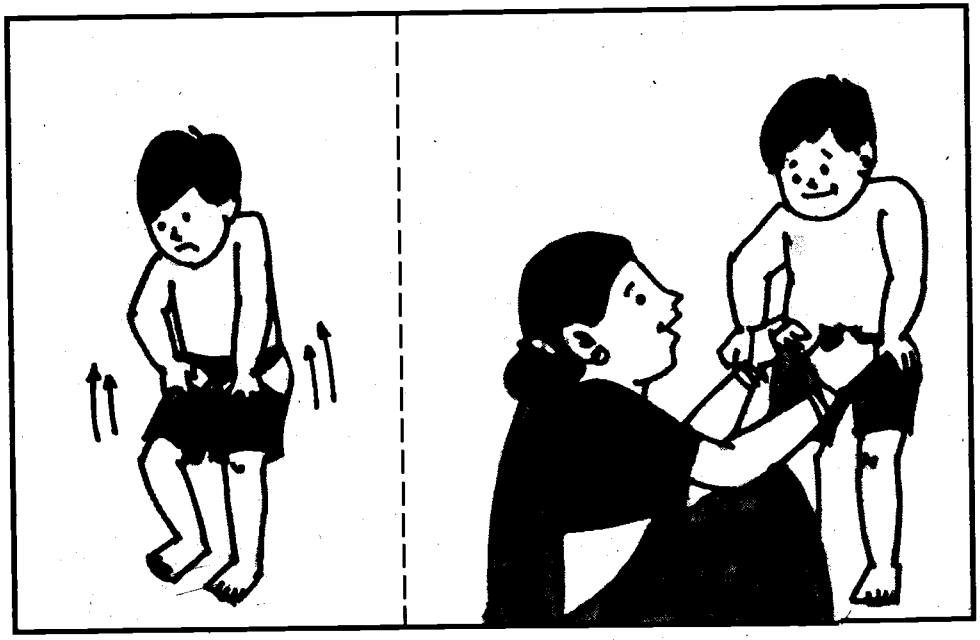


Undressing *is easier than* dressing

Unbuttoning *is easier than* buttoning

Learning proceeds from simple to complex !

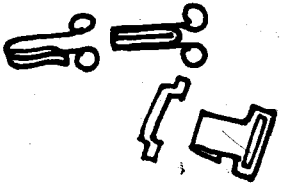
While teaching removing or wearing clothes; manipulate the fasteners yourself.



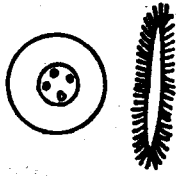
Fasteners are the devices used to close openings of the garment and hold the garment in position, when worn.

Common types of fasteners are :

(a) Hooks



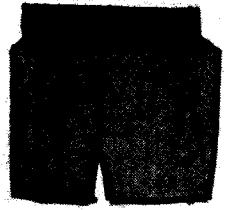
(b) shirt buttons



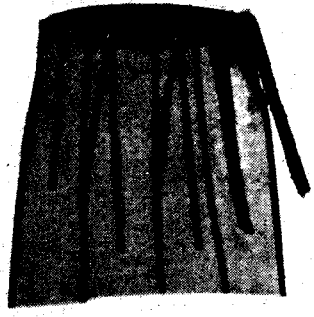
(c) press buttons

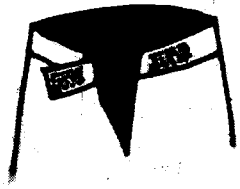
(d) Zip

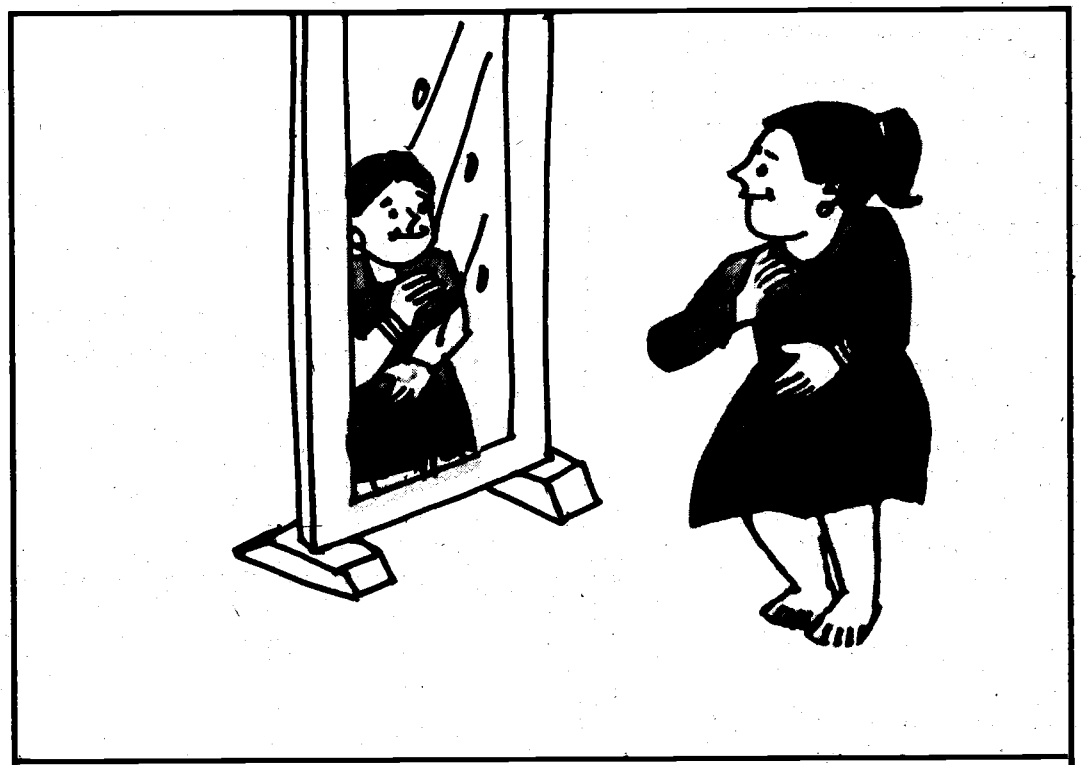
(e) elastic



(f) string







Provision of a full length mirror allows the child to notice the correct position of fasteners.

Divide each task into small steps.

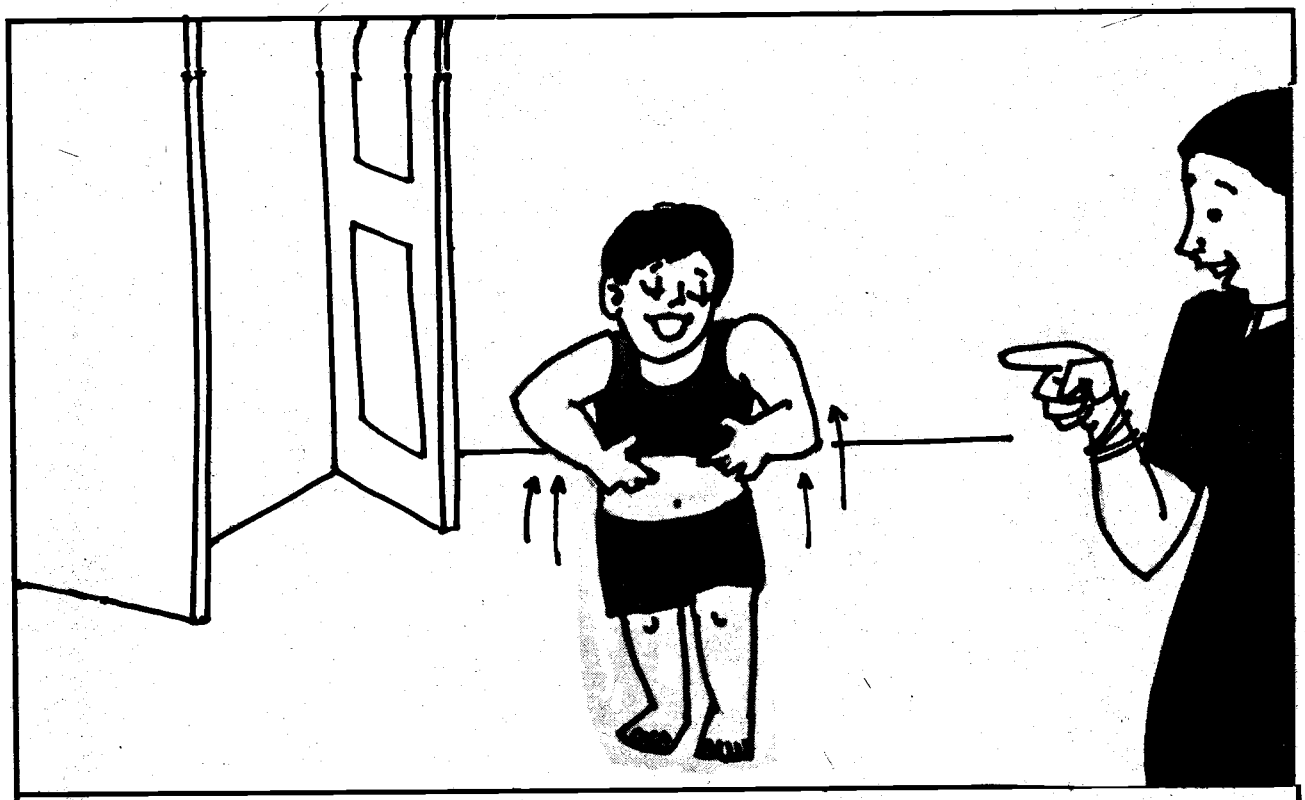
Examples :

Unbuttoning

1. Pushes button last one fourth of the way through hole.
2. Pushes button last one half of the way through hole.
3. Pushes button last three fourths of the way through hole.
4. Tips button toward hole.
5. Grasps edge of shirt with thumb and index finger of one hand.
6. Grasps button with thumb and index finger of other hand.
7. Pushes button through hole.

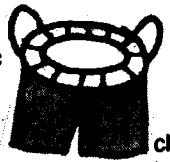
Buttoning

1. Pushes button last one half way through hole.
2. Inserts button in button hole.
3. Grasps edge of shirt.
4. Grasps button with thumb and index finger.



Allow the child to do as much as possible by himself, though you could dress him much more quickly.

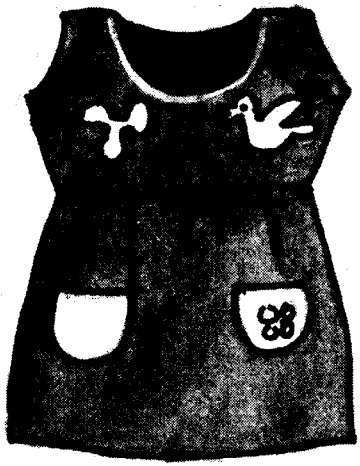
Ideas to make 'dressing' easy .....

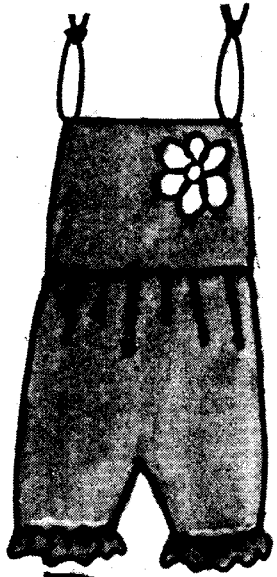


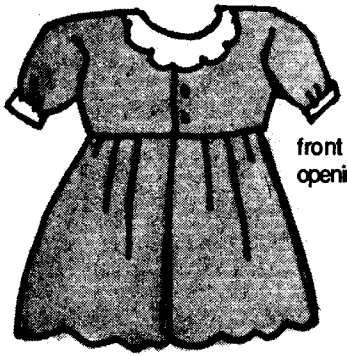
elastic waist bands

cloth loops to help pull up

minimum fasteners

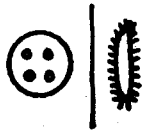






front opening

Large buttons



Initially, sew small appliques on the dress, so that the child differentiates front from back and inside from outside, of a garment.

Select the clothes to suit the occasion

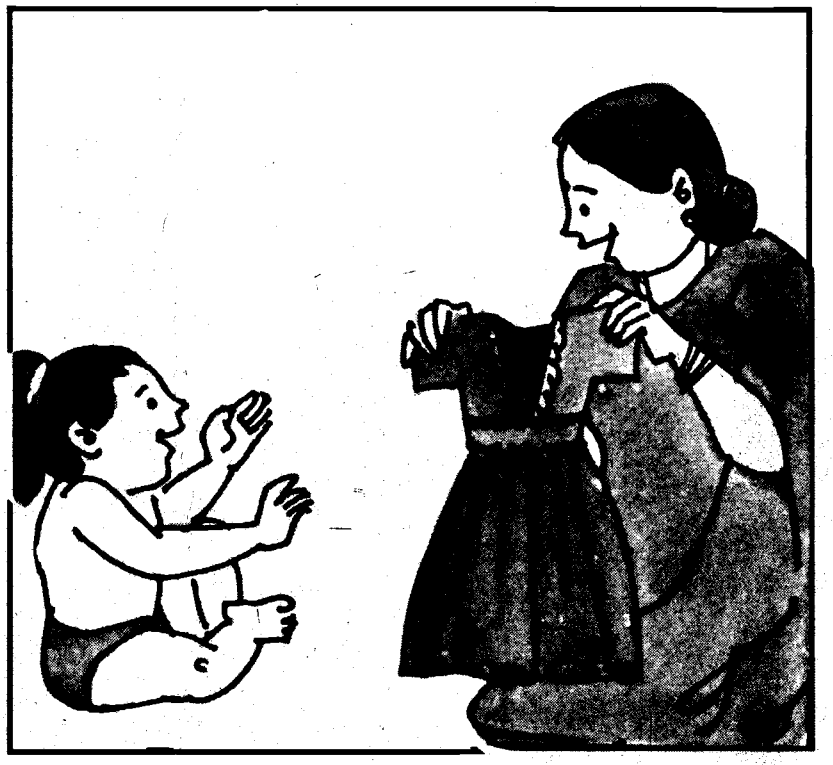
Familiarise the child with different clothes that are to be worn during different occasions.

Weddings/parties - best clothes.

Gardening - old clothes.

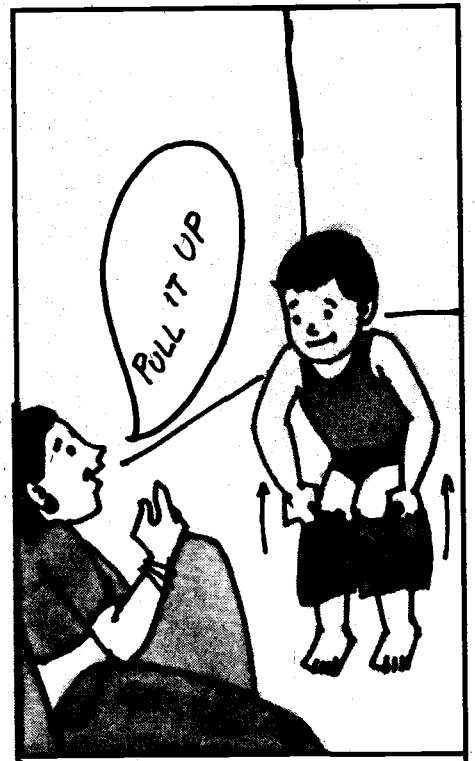
Summer - thin clothes.

Winter - warm clothes.



Follow three steps in training

I Step -
Give physical assistance along with verbal directions.



II Step -
Give only verbal directions, withdraw physical help.

III Step -
Withdraw both physical assistance and verbal directions.

Praising the child for every good attempt is the key to success of training.

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