

Family Activities



School Readiness Skill: Fastens and unfastens own clothing

Helping your child learn to dress himself or herself can be frustrating. However, with a lot of patience and a little practice, it doesn't have to be. Try these fun and easy activities below to help your child master these important self-help skills.

Bunny Ears

An easy way to help your child learn to tie his or her shoes is by using the "bunny ears" technique. Show your child how to make the laces look like bunny ears. After this, he or she will need to make a knot through the bunny's head. Show him or her how to make an X by crossing the bunny's ears over. Last, show him or her how to pull one ear through the underside of the X and pull it tightly. Keep in mind that learning to tie shoes takes time. Always use kind and encouraging words as your child works through this seemingly difficult task.



Shoe Tying Rhyme

*Bunny ears, bunny ears, playing by a tree.
Criss-crossed the tree, trying to catch me.
Bunny ears, Bunny ears, jumped into the hole,
Popped out of the other side beautiful and bold.*



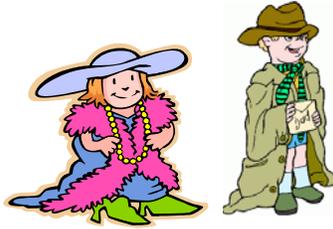
Watch Me, Now You Try

Often times parents get so busy they don't take the time to show their child exactly how to dress themselves properly. They are many times quick to just do the buttoning, zipping, or tying for their child. It is important to take the time to show your child how to perform these important skills. If your child struggles with buttoning his or her own shirt you could start by saying, "I see you are having trouble using these buttons. I will show you how to button them for yourself. Watch me." Then gently remind your child to keep an eye on the technique you are using to fasten the buttons. "Now you try buttoning them yourself." Be sure to offer plenty of praise and encouragement to your child as he or she works through this process. Overtime, he or she will begin to master these skills on their own



Playing Dress Up

Children often times struggle with smaller buttons and zippers. They have yet to develop the finger and hand-eye coordination it takes to master these skills. Start off by using adult sized buttons, snaps, and zippers. Provide your child with oversized clothing and costumes in which to play “dress up”. Working with “grown up” clothing will help build a sense of confidence he or she will need as they begin the process of mastering the much smaller fasteners found on child sized clothing.



Morning Chart

Try making a chart that outlines the steps your child will need to follow in order to get dressed each morning. A sample “I Can Dress Myself” chart is provided with the Family Print Activity. Hang the chart in the location where your child gets dressed. Be sure to place it at his or her eye level. Walk your child through the steps outlined on the chart. Over time he or she will be able to use the chart to independently dress themselves.



Dressing Books

There are many children’s books available that reinforce the self-help skill of dressing. Check out your local library for some of these exciting choices.



All By Myself by Alik

Zoe Gets Ready by Bethany Deeney Murguia

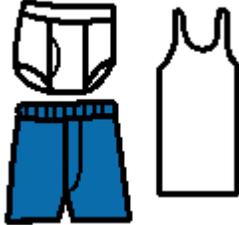
Froggy Gets Dressed by Johnathan London

The Things I Can Do by Jeff Mack

Pete the Cat and His Four Groovy Buttons by Eric Litwin

I Can Dress Myself

My name is: _____

| | | |
|---|----------------------------|--|
| 1 | I can put on my underwear. |  |
| 2 | I can put on my shirt. |  |
| 3 | I can put on my pants. |  |
| 4 | I can put on my socks. |  |
| 5 | I can put on my shoes. |  |

I can dress myself! 