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Kent Community Health   
NHS Trust

**East Sussex Children's Integrated Therapy Service**

**OCCUPATIONAL THERAPY TEAM**

**ACTIVITY IDEAS TO DEVELOP SELF CARE SKILLS (Dressing)**

1. Putting coins in a money box.
2. Picking up small objects and putting them in a container e.g. 100's and 1,000's, currants.
3. Playing "pick-up sticks".
4. Playing dressing up. Using lots of different clothes.
5. Dressing dolls. Start with big dolls and progress to little dolls.
6. Playing with finger puppets (which will increase co-ordinated finger movements).
7. When dressing encourage your child to do up the zips, buttons and fasteners.