

East Sussex Children's Integrated Therapy Service

OCCUPATIONAL THERAPY TEAM

DRESSING AND TOILETING ADVICE

Dressing

- Take advantage of the labels on the garment to indicate to your child where the top of their trousers or jumper is and to also indicate the inside of the garment.
- Buy clothes with a motif on the front, so that he/she can identify the front from back.
- Get your child to put clothes out the night before, arranged so that he/she can see the items he needs and the order in which to use them.
- Use hoop to climb through and pass over the head and down to practice body awareness skills for dressing.

Buttons and zips

- Practise doing up the buttons or zipper on a garment when it is not being worn so your child can see clearly which movements are necessary.
- If wearing the garment place half the button through the hole and get your child to complete the task.

Toileting

- Use wet wipes or equivalent.
- Get your child to stand up and make sure he/she can support himself before attempting to wipe his bottom.
- Teach the correct method by providing physical guidance.
- Remind your child about wiping immediately before toileting.
- Try playing games with a quoit. Pass quoit over, under and through legs and round behind his/her body. To develop body awareness skills and movements needed to reach behind.

Resistance to using unfamiliar toileting facilities.

- When out for the day visit toilet facilities so that your child is aware of where they are and the layout of facilities.