



Coats

Teach your child to put their coat on independently by laying it on the floor, upside down in front of them, they put their arms in and then flip it over their head. Follow this up by showing them how to turn their sleeves back from being inside out.

Shoes

Make it as easy as possible by providing them with Velcro shoes. Buckles and shoelaces will come much later. Talk them through the process and explain where they need to hold the heel of the shoe at the back when pushing their feet in.



Clothes

Provide your child with clothes they can manage with ease at first. Their BLS uniform is specifically designed for this. Items that can be pulled up and down and not too many zips and buttons.

Zips

Start by helping join the zip at the bottom and then allow them to zip it up for themselves. Give them opportunities to try attaching it at the bottom and allow some level of frustration before helping them. It's a hard skill to master!

