



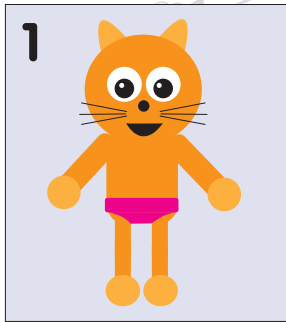
(Guidance for the following resource)

# Learning how to get dressed

1. Learning to get dressed and undressed by yourself is part of growing up
2. But it can be tricky, so we have come up with a little song, and a simple set of steps, to help you
3. We would like you to go through it with your child, and practice doing what the song says
4. Or you could come up with your own idea or song to help you, whatever works best for you
5. Remember, take your time, and let your child get used to what they need to do
6. There is no rush, everyone learns at a different pace
7. We recommend you starting this with your child at least 6 months before they start school to just make sure they are ready
8. Practice makes perfect is the message - the more often you get your child to dress and undress the easier they'll find it and the more confident they will be
9. We have also been asked to mention to you, by our friends who work with our children, about tights and how hard nappy changes are when a child is wearing them
10. Just something for you to think about!
11. You can also use our story, 'I'm a bit more grown up now' to help you with this
12. And, if you have any questions please contact us on:  
[info@dogduckandcat.co.uk](mailto:info@dogduckandcat.co.uk)

# Learning how to get dressed

A step-by-step guide to help you

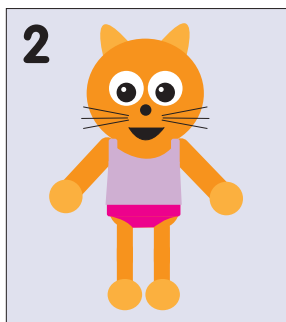


1

Pants

You put on your pants, vests, tights or socks

You then put on your trousers, skirts or frocks

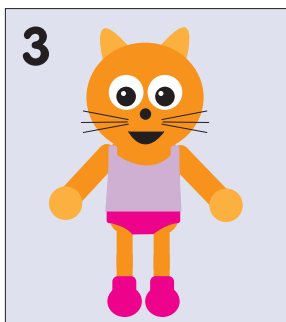


2

Vest

So that's the first part, but we aren't finished yet, because we can't forget your top!

Now it's time for a nice shirt, t-shirt, jumper or blouse. And, once that's done we are near where we stop!

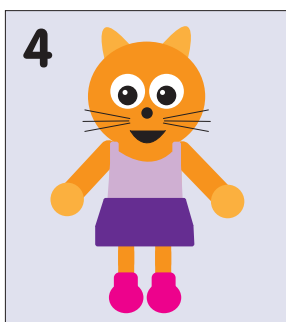


3

Socks

Last 2 things finish us off...

First is to run a brush through our mop!



4

Trousers/Skirt

Last thing, for sure, is that pair called footwear. Then you are ready to go anywhere...

Oh yeah!!



5

Top



6

Hair



7

Shoes



8

Ready!