

Sensory Steps—Dressing



- Dress in a calm, quiet environment
- Follow a visual timetable
- Seamless clothing may help especially in undergarments
- Cut out labels
- Fit of the clothes – your child may prefer tight fitted clothes
- Fit of the clothes – your child may prefer loose fitting clothes
- Some children like wearing long sleeve cotton/Lycra vests under their clothing.
- Try washing clothes in unscented products
- If available use a tumble dryer to reduce stiffness
- Brushing/massaging a child's skin in preparation for dressing may be beneficial
- Use a mirror for dressing to provide visual clues

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