

SENSORY STRATEGIES FOR...

DRESSING

Prior to dressing

- Do some heavy activities such as running up a set of stairs, pulling/pushing a washing basket full of wet washing or carrying something heavy i.e. books



- Do a deep massage before dressing to reduce how sensitive your child is to touch



- Let your child pick out their clothes so that they are happy with what they have to wear - you could limit the choices to avoid this being overwhelming



Whilst dressing

- Encourage your child to dress themselves



- If you are dressing your child, approach from the front so that they can be aware of what is happening next



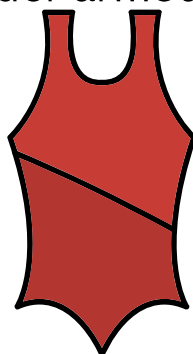
- Try to remove labels/tabs from clothing as this can be uncomfortable



- Some children find the textures of clothing horrible on their skin so go with what your child feels most comfortable



- Some children may find tighter clothes more comforting such as under armour or swimming costumes under their clothes



After dressing

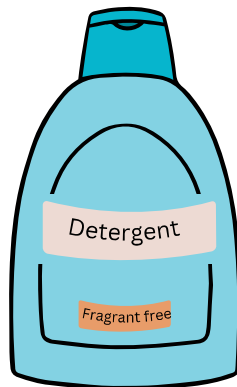
-Ask your child if they want to do more heavy work/stamping to distract/reduce sensitivity



-Wash your child's clothes to avoid them being stiff and rough



-You can use unscented fabric softener/detergent which can reduce how rough clothes are and avoid the smell being overwhelming



-Turning socks inside out or buying seamless socks can reduce discomfort for feet if your child complains when wearing shoes

