

To dress myself independently

Reflection Points	What we expect to see EY professionals do	Some of the provision we may provide to support	Links*
<p>First point of reflection-As children develop a special relationship with their key person, they trust them to help with changing their clothes and to look after their personal care. They listen to their key person and start to learn that clothing serves a particular purpose.</p>	<p>Children are co-operative with care giving experiences.</p> <p>Children may be reluctant to wear certain clothing due to sensory needs. These are accepted, shared with carers and adaptations made to meet the child's needs.</p>	<ul style="list-style-type: none"> - Find out previous experience and give time to get to know individual children and visa versa including their preferences and physical needs. - Use fine motor boards i.e. zips/buttons - Busy finger activities etc. to strengthen their finger/hand muscles - Backward training - Encouragement, praise 	-
<p>Second point of reflection-Children identify when they need changing or require an item of clothing in a particular situation. They can put an apron over their head by themselves.</p>	<p>As children become more aware of their personal needs they start to want to help with dressing. They ask for help to put on dressing up clothes, coat and shoes. They begin to realise that clothing serves a purpose and attempt to pull clothes on with support.</p>	<ul style="list-style-type: none"> - Visual aids - books with stories - Visual aids - Naming clothes, where they go. - dolls/teddies. - Home corner - Build relationship with parents, give pointers to parents to help as well as encourage easy to dress clothes such as jogger etc. 	Birth to 3 DM links- PD, PSED
<p>Third point of reflection-Children can put clothes on with help which includes verbal prompts and reminders from an adult. They can put on an open fronted jacket independently</p>	<p>As children develop their gross and fine motor skills, adult support is reduced. Children become more confident in selecting appropriate clothing for situations. They can identify if their clothes are wet or dirty.</p>	<ul style="list-style-type: none"> - Help children to recognise when they are wet etc. - Talk to children about where they are playing - do they need an apron, what do you need to play there? 	3 to 4 DM links- PD, PSED, UW
<p>Fourth point of reflection- Children know what clothes are appropriate (e.g. apron for water play) and can access them and put them on without reminders. They know that laces need to be tied and can ask for help with this. Children can slip their shoes on most of the time by themselves but may not always be on the correct feet. They can do up their own zip or can help a friend to do their zip.</p>			