

I can dress myself independently

Points of reflection	What you may see me do	How familiar adults can help me	
<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>I can co-operative with care giving experiences (e.g. hold up my arms to remove tops, lay still for nappy changing)</p> <p>I may be reluctant to wear certain clothing due to sensory needs. These are accepted, shared with my carers and adaptations made to meet my needs.</p>	<p>-Intimate care plan if needed</p> <p>-Work with the parent closely.</p> <p>-Wait for consent</p> <p>- Find out previous experience and give time to get to know individual children and visa versa including their preferences and physical needs.</p>	<p>Birth to 3 DM links- PD, PSED</p> <p>OP&L 30 months</p>
<p>Second point of reflection-Children identify when they need changing or require an item of clothing in a particular situation. E.g., They can put an apron over their head by themselves.</p> <p>They can put their coat on independently</p>	<p>As I become more aware of my personal needs, I start to get what I need for myself e.g an apron in the water area or welly boots in the diffing area.</p> <p>I ask for help to put on dressing up clothes, coat, and shoes if I can't do it myself.</p> <p>I begin to realise that clothing serves a purpose and attempt to pull clothes on/off with support.</p>	<p>- Use fine motor boards i.e. zips/buttons</p> <p>- Busy finger activities etc. to strengthen their finger/hand muscles</p> <p>- Backward training</p> <p>- Encouragement, praise</p> <p>- Visual aids - books with stories</p>	<p>Birth to 3 DM links- PD, PSED</p> <p>OP&L 36 and 42 months</p>
<p>Third point of reflection-Children put on clothes and shoes by themselves with verbal prompts from adults</p> <p>They can button up their coat or zip up their jacket when started by an adult.</p>	<p>As I develop my gross and fine motor skills, I can put most of my clothes on by myself.</p> <p>I can select appropriate clothing for situations.</p> <p>I can tell you if my clothes are wet/dirty</p> <p>I can pull my zip up and down</p>	<p>- Visual aids</p> <p>- Naming clothes, where they go.</p> <p>- dolls/teddies.</p> <p>- Home corner</p> <p>- Build relationship with parents, give pointers to parents to help as well as encourage easy to dress clothes such as jogger etc.</p> <p>- Help children to recognise when they are wet etc.</p>	<p>3 to 4 DM links- PD, PSED, UW</p> <p>OP&L 48 and 54 months</p>

		- Talk to children about where they are playing - do they need an apron, what do you need to play there?	
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Final 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.