

Getting Dressed

Socks

In general, by the age of 2 to 3 years, children are able to remove their socks. By the age of 3 to 4, children can begin to show more independence in getting dressed.

Socks come in many forms! Start out with stretchy ankle socks. Have a few in the same style so as to provide consistency for your child's practice. It may also be helpful to have pairs that have different coloured toe and ankle spaces. If there is still difficulty, try dressing dolls, using larger socks, role model how you do it! Remember to slow it down.



Sequence

1. It is easier to be seated, on the floor or low stool depending on child's balance.
2. With thumbs on the inside of the sock, gather the sock between thumb and fingers of both hands until you reach the toe.
3. Place sock over the toes (Parent may need to do this step initially).
4. Pull sock down length of foot making sure to keep a consistent grip especially around the heel.
5. Use thumbs and fingers to pull sock up around ankle.
6. You're done!



Suggestions and useful links

* Use phrases such as 'Pinch and Pull'

* For younger children, rather than telling them to 'pull up' or 'push down', quietly guide their hand, by placing yours over the top of theirs, in the direction of the movement required. In effect you are doing the movement and they are getting experience of the necessary movement required to complete the task. Demonstrating socks will require you to sit behind your child in order that the movement they 'feel' and see is the required one. Once they have got the idea there is no further need for you to sit behind them.

* Sensitivities to seams; use seamless socks or wear inside out.

Please also see advice and information in;

* Handstrength

* Backward chaining

