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Welcome to our new “Stepping Out” Group. My name is Joanna Cave and I am one of the co-ordinators for the group. I have an Early Years teaching background and retired from Faringdon infant School in 2019. As well as being a volunteer for The Place, I am one of the charity’s trustees, having been just one of several people who set it up after the closure of Faringdon’s Children Centre.

We hope we will be able to give you plenty of ideas, support and reassurance as you prepare your child for the exciting step of starting school in September. Going forward we hope the group will be able to meet either online or in the real world. Meanwhile, we will be regularly sending out resources, tips and activity ideas for you to use if you want to. It would be lovely to hear back from you about how you have used them, your child’s successes and any tips you’d like to share.

Thank you to those of you who have been in touch about things you would like the group to cover. We have also received some suggestions from the school. We will make sure we provide ideas and activities to support the areas you’ve asked about.

Starting school is a big adventure in a child’s life - and a big step for their parents too. If you feel confident about it, chances are your child will feel confident too. We know from the school that what matters most to them is not the children’s literacy or numeracy skills, but their independence, their social skills, their ability to listen and to concentrate. We will be focussing on ways you can support these things, but if you want any reassurance about literacy, numeracy etc please just let us know.

Attached to this email you should find our first little resource pack, which is all about getting dressed. It will help your child if they are able to put on their own coat, socks and shoes regularly and once settled in school, to get dressed and undressed for PE. You may also find it helpful on busy mornings if they can manage much of this themselves! As with everything else though, remember staff will be on hand to give help where it is needed, so don’t worry if there are things your child can’t manage by themselves yet.

We hope you find this useful. We look forward to hearing from you!



Joanna

# Resource Set 1 -Getting Dressed

## PATIENCE AND PRACTICE

Learning how to get dressed needs patience and practice for both you and your child. Don't be surprised if your child forgets to put their underwear on, insists on a Batman outfit for going to the shops, puts clothing on back to front or inside out, or gets their shoes on the wrong feet... frequently.

## MILESTONES

Every child develops at their own rate, so try to follow their pace, but the following can be used as a rough guide to what you can expect your child to do during the learning process:

### One-year-olds:

- pull socks and footwear off
- hold out their arms and legs for clothing
- help by pushing their arms or legs through garments.

### Two-year-olds:

- pull down skirts or trousers with elasticated waists
- attempt to put on socks or shoes
- put on loose shirts or coats, but not button them
- unfasten chunky buttons.

### Three-year-olds:

- pull on socks and shoes (although not always on the right feet)
- take off clothing without help, unless the item is tight or has fiddly fastenings
- fasten chunky buttons
- pull zips up and down
- put on clothing with some help, such as pulling tops over their head.

### Four-year-olds:

- start to identify the right feet for shoes
- know the front and back of garments
- fasten shoes and belts (not bows)
- connect zips and fasten them.

### Five-year-olds:

- dress with minimal help and supervision.

## HANDY TIPS

Dressing your child yourself can often seem like the quickest and easiest option. But try to be patient whenever time allows in order to help your child's progression – not just while they accomplish the task but during the frequent outfit changes as they show off their new-found skill.

Support your child as they learn how to get dressed by:

- In the early stages, talk to them as you dress them – 'Put your arms up so I can pull your T-shirt over your head', or 'Let's put your woolly hat on because it's cold outside'.
- Choose clothes that are relatively easy for your toddler to take on or off unaided, such

as skirts or trousers with elasticated waistbands, shoes with Velcro and clothing with big buttons on the front, rather than the back.

- ■ Start by encouraging your child to undress by themselves before bed.
- ■ Discuss the order of clothing in simple stages as you help them to dress.
- ■ Select clothing with logos or pictures on the front to help your child know which way around to wear it. Show them the tags in clothes and explain these are often at the back.
- ■ Try to allow a realistic amount of time for getting dressed so that you don't need to rush your child or take over – select clothing the night before if time is tight.
- ■ Provide a range of fun dressing-up clothes for your child to practise with, as well as clothes with simple fastenings for their teddy bears and dolls to wear.
- ■ Don't always jump in to help or 'baby' your child – give them time to fiddle with zips or buckles by themselves.
- ■ Speak to your child's key person or a health visitor if you are concerned that your child is struggling with dressing skills more than their friends.

Taken from a Nursery World article by Annette Rawstrone, 2018

### ***Advice from Oxfordshire Learning Partnership - 50 things to try before starting school***

#### **Put your shoes on**

At school most children will have to change from outdoor to indoor shoes and some will have to change into wellies for outdoor play and trainers for PE.

Tying shoe laces is a tricky skill to learn. When buying shoes for school look for shoes/boots that zip or velcro.

Give your child opportunities to practise changing their own footwear.

Top tip

Write your child's name on the inside of their shoes so that your child can identify the left and right foot.

#### **Get yourself dressed**

Top tips

Buy skirts and trousers with elasticated waist bands.

Put name labels in the back of their clothes to help them identify the front and back.

Getting dressed is an important skill for your child learn. Being able to dress themselves will build your child's confidence and independence and give them a sense of achievement.

As well as getting dressed, remember to give your child the opportunity to practise -

- Getting undressed
- Folding their clothes into a neat pile
- Turning their clothes from inside out to the right way around
- Putting on their coat, hat and gloves

Some books to share about getting dressed.....Click on the links for more information

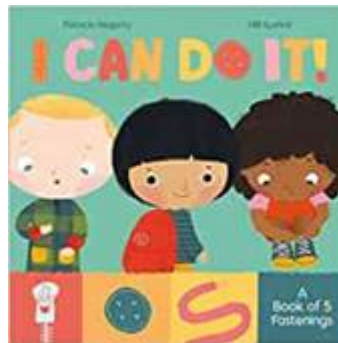
[Getting Ready](#)

[I Can Do It! A Book of 5 Fastenings](#)

Author: Cocoretto



Author: Patricia Hegarty. Illustrator: Hilli Kus.



[We Wear Pants](#)

Author: Katie Abey



[Still Stuck](#)

Author: Shinsuke Yoshitake



[Fox's Socks](#)

Author: Giles Andreae Illustrator:



[More Pants](#)

Nick Sharratt



Author: Julia Donaldson

Illustrator: Axel Scheffle