

Dressing for Outdoors

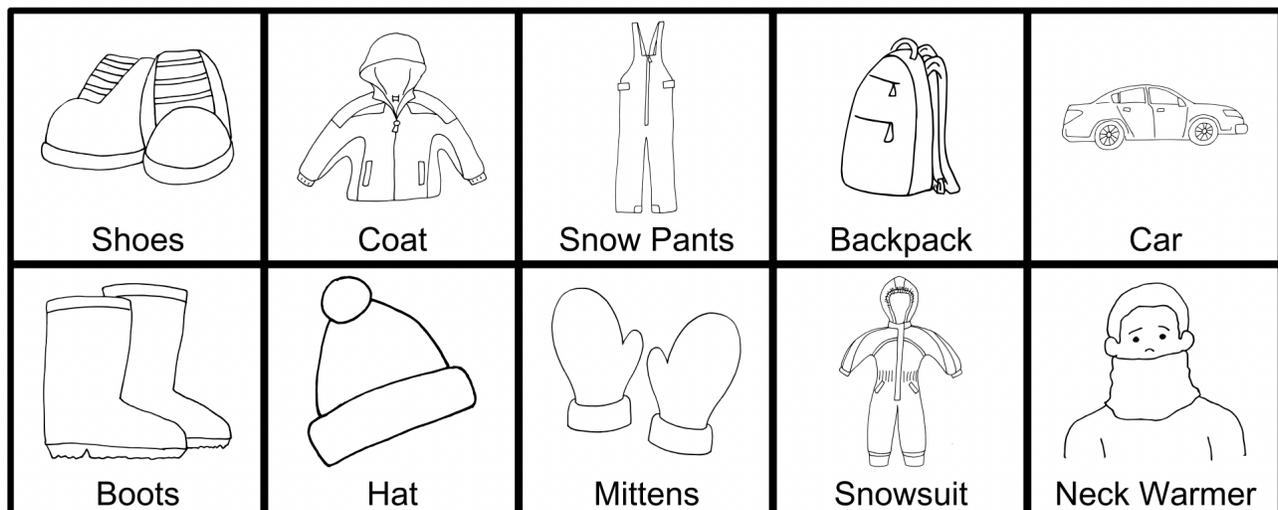


Sensory Strategies

- Check in at each stage of the dressing process. I normally use a thumbs up, thumbs medium (sideways) or thumbs down after each new piece of clothing is added so that I can help to pinpoint where the sensory issue is. If you only check in at the end, the child may be so overwhelmed with multiple things not feeling right that they can't tell you what is wrong as it all just feels wrong.
- Trial a few different clothing options (e.g. sometimes full piece snow suits are easier than snowpants plus a coat as they lead to less bunching and layers, however they can sometimes cause children to overheat so finding your child's right combination is key)
- Know if your child runs hot or cold. They may not always be able to tell you, but some kids who are dysregulated tend to run hot so that can escalate discomfort and sensory challenges.
- Use deep pressure on each body part before you put on the clothing that irritates them (e.g. deep pressure massage to feet and legs before doing snowpants and boots).

How to Use Dressing Visuals

- Ensure the visual pictures are put in the same order as they need to get dressed.
- Lay out your child's close in the order they will get dressed in (should match the visuals).
- Remove any visuals from the strip they won't need for that moment.
- Start by verbally telling and pointing to the visual and then to the clothing item to let your child know what the first step is.
- Continue to point to the next clothing item and matching picture after each step.
- The ultimate goal is to fade out the adult prompting so that the child can just follow the visuals to get dressed.



- Don't have a laminator? Clear packing tape and Velcro from the dollar store works great.
- Alternatively, print, cut out and glue a variety of different sequences to skip the Velcro altogether. E.g. you might have one with: coat, boots, mittens, hat and then you might have one with: snowpants, boots, coat, neck warmer, hat, mittens and then maybe one with just: coat and shoes for warmer days.

Visuals obtained from lessonpix.com