

Checklist

Why does my child struggle with clothes?

- | | |
|-----------------------|---|
| <input type="radio"/> | Do they complain about tags, seams, fabrics? |
| <input type="radio"/> | Do they pull at their clothes or fidget in them? |
| <input type="radio"/> | Do they often complain that their clothes are too tight or too loose? |
| <input type="radio"/> | Do they find details uncomfortable? |
| <input type="radio"/> | Do they prefer tight or stretchy clothes? |
| <input type="radio"/> | Do they seek out soft, silky or fuzzy textures? |
| <input type="radio"/> | Do they pull their socks up as far/tight as possible? |
| <input type="radio"/> | Do they respond well to a tight squeeze/hug? |
| <input type="radio"/> | Do they resist physical contact? |
| <input type="radio"/> | Do they prefer light touch e.g. tickles of the arm? |
| <input type="radio"/> | Do they often refuse layers of clothing or refuse coat on a cold day? |
| <input type="radio"/> | Do they complain about feeling too hot or cold in certain clothes? |

If you have answered a high percentage of 'yes' to the above questions there is a possibility that your child's difficulties around clothes are linked to sensory seeking behaviours or sensory dysregulation.

There are strategies which can help your child including base layer clothing, desensitisation e.g. massage, sensory and/or calming input before dressing and visuals to reduce anxiety. If you would like to learn how to implement these and more strategies, attend our online training "why are clothes so difficult" found at the website below.

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- | | |
|-----------------------|--|
| <input type="radio"/> | Do they refuse to get dressed but enjoy choosing their own clothes? |
| <input type="radio"/> | Do they resist getting dressed more when they are overwhelmed? |
| <input type="radio"/> | Do they prefer to dress themselves rather than being helped? |
| <input type="radio"/> | Is getting dressed often a trigger for behaviour/emotions? |
| <input type="radio"/> | Do they resist dressing more on a school/ nursery day? |
| <input type="radio"/> | Do they respond better when dressing is part of a predictable routine? |
| <input type="radio"/> | Do they insist on wearing the same outfit repeatedly? |
| <input type="radio"/> | Do they refuse new clothes? |
| <input type="radio"/> | Do they get upset when their preferred clothing is not available? |
| <input type="radio"/> | Do they seem to oppose any choice you make around clothing? |
| <input type="radio"/> | Would you describe them as 'strong minded' or 'strong willed'? |
| <input type="radio"/> | Do they have very strong views on what is right and wrong? |

If you have answered a high percentage of yes to the above questions there is a possibility that your child's difficulties around clothes are linked to rigidity in thought, emotional association and/or routines and transitions.

There are strategies which can help your child including offering (limited) choices, sensory and/or calming input before dressing, visuals to reduce anxiety and emotional regulation. If you would like to learn how to implement these and more strategies attend our online training "why are clothes so difficult" found at the website below.

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Why does my child struggle with clothes?

- | | |
|-----------------------|--|
| <input type="radio"/> | Do they struggle with button, zips and fastenings? |
| <input type="radio"/> | Do they struggle with putting on socks/ shoes? |
| <input type="radio"/> | Do they seem to get confused with the steps involved e.g. pants first? |
| <input type="radio"/> | Do they need reminding of every step of the process? |
| <input type="radio"/> | Do they seem to get distracted really easily? |
| <input type="radio"/> | Do they seem to get tired or upset getting dressed? |
| <input type="radio"/> | Do they prefer clothes they can just pull up? |
| <input type="radio"/> | Do they struggle with riding a bike? |
| <input type="radio"/> | Do they seem to have no awareness of hurrying? |
| <input type="radio"/> | Does it take a very long time to get ready in the morning? |
| <input type="radio"/> | Do they need prompting to continue or complete a task? |
| <input type="radio"/> | Are they particularly clumsy? |

If you have answered a high percentage of yes to the above questions there is a possibility that your child's difficulties around clothes are linked to poor executive functioning or weaker fine motor or gross motor skills.

There are strategies which can help your child including visuals to help organise their thoughts, sensory input to regulate e.g. heavy work, functional gross and fine motor skills activities e.g. putting shopping a bag. If you would like to learn how to implement these and more strategies attend our online training "why are clothes so difficult" found at the website below.

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