



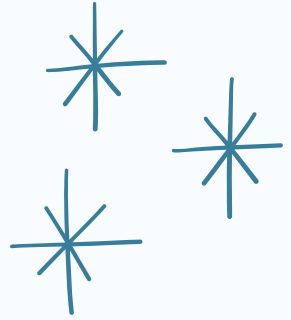
Encouraging Independence

WITH WINTER CLOTHING

Winter clothing can feel overwhelming — bulky layers, changing temperatures, unfamiliar textures. Helping children learn dressing skills builds independence and confidence.

1. Break It Down Step-by-Step

- Teach in the same order each time:
 1. Shirt
 2. Pants
 3. Socks
 4. Boots
 5. Coat
 6. Hat
 7. Gloves/Mittens
- Predictability supports success.



2. Use Visuals

- Post simple pictures near the coat area showing each step.

3. Try the “Flip Trick” for Coats

- Lay coat on the floor → child puts hands in sleeves → flips over their head.
- It’s fun, fast, and empowers early independence.

4. Choose Clothing That’s Easy to Manage

- Velcro boots
- Elastic waistbands
- Mittens instead of gloves
- Tags removed to reduce sensory irritation



5. Practice When You’re Not in a Rush

- Play “dress-up for winter” indoors to build skills without pressure.

6. Celebrate Effort, Not Perfection

- Even one independently zipped zipper or one mitten put on correctly is worth cheering!