



Challenge 10

Begin to dress themselves

Put on my shoes

Put on my own coat



Top Tips

Allow plenty of time for practising getting dressed, you don't want your child to be rushed while they're mastering these skills. Start practising with clothes that have large buttons, like a coat – they're far easier for little fingers to fasten.

Playing games like threading large beads onto laces or posting things through slots provide opportunities for children to develop the hand/eye coordination needed for fiddly tasks like doing up buttons, poppers and zips.