West Meadows Primary F1

Readiness for F2

Health and self care

When you hold out my coat for me, I can put my arms in and I can fasten the zip when you start it. I can pull my own trousers up.

Ideas to help your child at home…

- Talk through your actions when you are helping your child to get dressed e.g. "Put your arm in here."
- Give your child simple instructions to follow to put on items of clothing e.g. "Put one leg in."
- Allow them to help at every opportunity of dressing and undressing.
- Where possible, put your child in simple clothes that they can put on/ remove by themselves e.g. Velcro shoes instead of laces and socks instead of tights.
- Praise your child for trying and use reward charts.

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