

# Dressing – upper body (tops, jumpers, coats)

Please read our general information leaflet about dressing before you follow any of the ideas below. There are a number of options given – you may have to try different things to see what works for your child.



## Are clothes the right way round?

- Wear tops with a picture on the front. Point out the picture or ask them to find it.
- Put a coloured label on the back of the clothing. You may also want to remove other labels e.g. in the side seam of knickers. Encourage the child to find this to help them find the back.



## Mark a key point to help

- Use stickers, permanent marker or a stitch of colourful thread to mark a key point on the item.
- Think about where will be easiest to spot the mark.
- Keep it consistent, mark all garments in the same place, in the same way.
- Ask questions – what’s on the front? Where is the tag?

## Get a good grip!

- Roll up the bottom, back edge of the clothing to give a good grip.
- Use hand over hand to help your child hold on to the right bit.
- Avoid slippery fabrics.

## Can you find the arm and head holes?

- Lay clothes out flat in front of your child.
- Arms in first!
- Next, look and find the head hole.

## Coats

- Choose a coat with a contrasting lining.
- Ensure coats are loose fitting, even when wearing jumpers or layers.
- Putting their non-dominant arm into the coat first is helpful – their “best” arm is then still free to make the task easier.



- Put the hood on first, this means the coat sleeves are freely hanging and both hands are free.
- Drape the coat over the back of a chair with the lining facing outwards and sleeves hanging. Your child can then put each arm

into the sleeves with their back to the chair.

## Buttons

- Start practising with larger, flat buttons and move onto smaller ones.
- Practice with the garment on your child's lap or on the table in front of them initially.
- Start practising with larger, flat buttons and move onto smaller ones.
- Use a "push and pull" method to fasten buttons.



- Is the button hole large enough for the button?
- Only undo the top 2-3 buttons when taking off a shirt and then pull it over the head, reducing the amount of fastening needed.
- Use Velcro instead of buttons e.g. on a shirt use Velcro and sew buttons onto the top flap.
- Leave the cuff buttons done up, or try sewing a button attached with elastic across the cuffs, this will stretch when the hand is pushed through.

## Zips

- Test zips before buying for ease of use.
- Attach a key ring or tab to the zipper to help with gripping.
- Break the task into small steps:  
e.g. pull the zipper down,  
slot the zip into the zipper,  
hold the bottom of your coat,  
pull it tight,  
pull the zipper up slowly.



## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

**We can make this information available in Braille, large print, audio or other languages on request.**

## Contact us

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