

Socks and Shoes

- Ⓢ **Dressing up toys** – on a small scale practice sequencing dressing socks and shoes and learning how to put them on the correct foot and how to turn them inside out.
- Ⓢ **Body Awareness games** – Ask your child to point to different parts of their foot E.g 'point to your left heel'.. 'right big toe'. 'Put hoop over your left foot and up over your heel and ankle'
- Ⓢ **Songs** – 'Head, shoulders, knees and toes'
- Ⓢ **Simon says** – 'clap behind your back', 'touch your toes',
- Ⓢ **Musical dressing up** – When the music stops put on a loose fitting top, trousers, shoes, socks or coat that are in the dressing up box.
- Ⓢ **Draw round your foot** – and make a picture from the foot shape. For example make a clown or pirate face or an animal out of the foot shape. Make a different design with right and left.
- Ⓢ **Foot prints in paints** – use a different colour for right and left foot. Use right and left foot differently to make a pattern or picture.



Adjustments

The following ideas could assist with developing your child's socks and shoes skills however this list is not exhaustive.

- Ⓢ Large short socks to start on and socks with coloured heels.
- Ⓢ Velcro fastenings on shoes.
- Ⓢ Elastic shoelaces.
- Ⓢ Slip on shoes



Practice

- ② Start with undressing first. Praise every attempt made in (un) dressing.
- ② Try hand over hand method, putting the child's thumbs inside the sock to help them to push the sock down over their ankle and heel.

- ② Break the task down into its component parts and start by talking through the activity. Help your child with the first stages of the task and then get them to complete the last part. As they master the last part of the task give them the second to last part of the task and eventually let them do more and more of the task until they are doing the full sequence.

- ② Follow a consistent sequence in all aspects of dressing and use pictures to reinforce this sequence.
 - Same pattern for undressing and dressing.
 - **Sit-Lap Cross Method** - Child places their leg onto their lap, to put the sock on and then changes leg.
 - **Sit on the floor against a wall** - Sitting supported against the wall the child bends their knee up to reach their foot and puts sock on.
 - **Fist in Sock Method** – Child sits against a wall or on a chair. They create a fist with one hand and place it into the sock. The child places their toes into the sock with the fist. They then wriggle their toes into the sock and pull the sock upwards and eventually slides their fist out. This will require plenty of patience and practice.
 - **Trick Sock Method** – Fold the sock back on itself (ankle of sock will be near to toes). Place toes in to the open end as far as they will go and pull rest of sock back up towards the ankle.
 - For putting on shoes use the Sit- Lap Cross Method. Stabilise the toe of the shoe against an immovable object to prevent it slipping as foot is inserted.
 - For putting socks on the right way round put the heel pointing down before putting foot into the sock.
 - For turning socks inside out, put hand into the sock and grabbing the toe end pull it out towards you, holding the sock opening steady with the supporting hand.
 - Look for the markings in the shoe to ensure your child puts the shoes on the correct foot

- ② Talk through the steps with clear simple commands.
- ② Give praise throughout.