

# Backward Chaining for Dressing Tasks

Backward chaining works by encouraging the child/teenager to undertake the last step of the activity independently. The adult performs most of the task and the child/teenager performs the last step of the sequence. Practice continues with the child/teenager carrying out the next last step of the task until the child/teenager is able to complete all steps of the task independently.

Below are some suggested steps for dressing activities using backward chaining. The adult does the first part of the activity and the child/teenager does the following. On the first attempt the child/teenager does the final step of the task, shown below as number 1). Once the child/teenager has achieved this, they then attempt the task number 2) and so on. Eventually the child/teenager should be able to complete the whole activity independently.

## Trousers: putting trousers on

- 1) Fasten button/clip of trousers.
- 2) Pull up trousers from knees, Fasten button /clip of trousers.
- 3) Pull up trousers from ankle, over knees and fasten /clip on trousers
- 4) Put second leg into the trouser leg, Pull up trousers from ankles to waist, and fasten button/clip of trousers.
- 5) Put both legs into appropriate trouser leg, Pull up trousers from ankles to the waist, Fasten button/clip of trousers.
- 6) Orientate trousers, Put both legs into trousers, Pull up and fasten button/clip of trousers.



## T-shirt: putting T-shirt on

- 1) Pull t-shirt down from underarms.
- 2) Put second arm through sleeve, Pull t-shirt down from underarms.
- 3) Put first arm through sleeve, Put second arm through sleeve, Pull t-shirt down from underarms.
- 4) Put head through top of t-shirt, Put first arm through sleeve, Put second arm through sleeve, Pull t-shirt down from underarms.



- 5) Orientate t-shirt, Put head through top of t-shirt, Put first arm through sleeve, Put second arm through sleeve, Pull t-shirt down from underarms.

## Underwear: putting underwear on

- 1) Pull up underwear from knees to waist.
- 2) Take elastic waist band and pull underwear from ankles to knees, Pull up underwear from knees to waist.
- 3) Put second foot through leg of underwear, Take elastic waist band and pull up underwear from ankles to knees, Pull up underwear from knees to waist.
- 4) Put first leg through leg of underwear, Put second foot through leg of underwear, Pull underwear up from elastic waist band from ankles to knees, Pull up underwear from knees to waist.
- 5) Orientate underwear, Put first leg through leg of underwear, Put second foot through leg of underwear, Pull up underwear from elastic waist band from ankles to knees, Pull up underwear from knees to waist.



## Socks: putting socks on

- 1) Pull socks up from heel to ankle.
- 2) Pull socks from toes to heel, Pull socks up from heel to ankle.
- 3) Gather socks and put them on end of toes, Pull socks from toes to heel, Pull up socks from heel to ankle.
- 4) Orientate socks, Gather the socks up and put them on the ends of toes, Pull up socks from toes to heel, Pull up socks from heel to ankle.

