

Hello



friends





Click on the video and do the motions in the song!

We are learning at home.



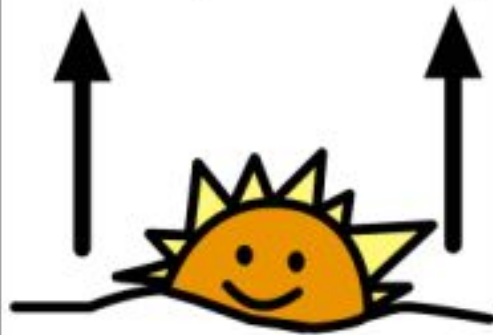
Soon some people we will go



to school.



Get ready in the morning



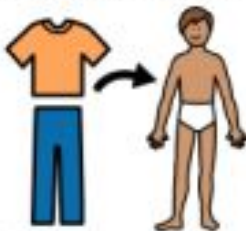
1. Wake up



2. Use bathroom



3. Get dressed



4. Eat breakfast



5. Brush teeth



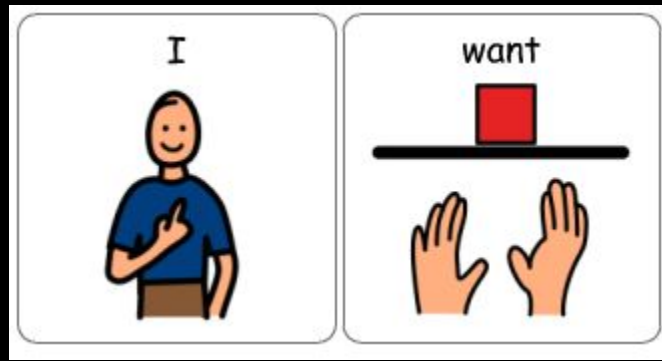
6. Brush hair





Click on the video and enjoy the song!

What do you want to wear?

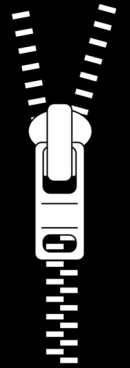
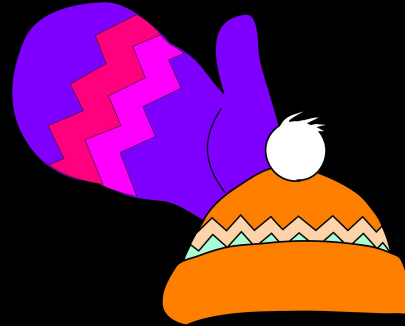
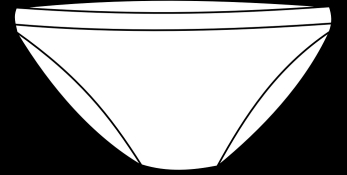
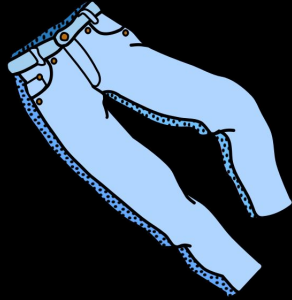






Click on the video and enjoy the song!

Encourage your child to participate in all parts of the dressing routine





# Dressing Tips

- Talk/sing steps
- Put clothes where child can see them
- Positioning for spasticity
  - Body, hips, knees, head bent forward
  - Straighten limbs slowly
- "In first, out last"
- Backwards chaining
- Clothing modification examples
  - Elastic waistband
  - Shoes that velcro, zip, flexible sides
  - Loose clothing
  - Adapted fasteners (velcro, zipper pull tab)

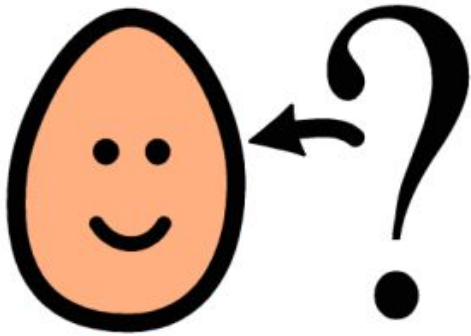
Tips for dressing

Adaptive clothing line



Click on the links to find dressing tips and adaptive clothing lines.

## Questions



Let us know if you have any questions!

Letrisha Stallard, PT [stallal@dearbornschools.org](mailto:stallal@dearbornschools.org)

Sue Kusner, PT [kusners@dearbornschools.org](mailto:kusners@dearbornschools.org)

LaSandra Schwarze, PT [schwarl@dearbornschools.org](mailto:schwarl@dearbornschools.org)

Erin Erickson, OT [erickse@dearbornschools.org](mailto:erickse@dearbornschools.org)

Emily Dandron, OT [dandroe@dearbornschools.org](mailto:dandroe@dearbornschools.org)

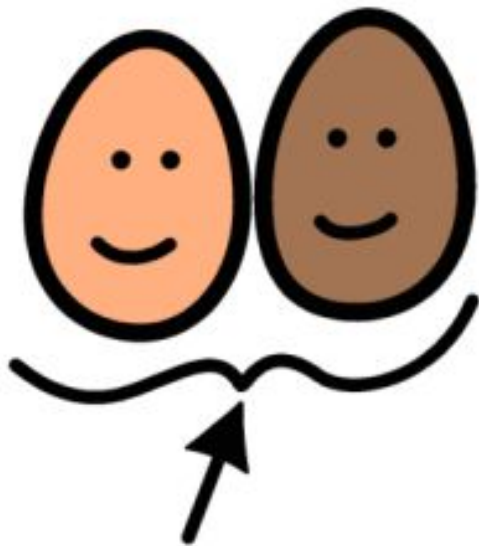
Sumaiyah Mahmood, OT [mahmoos@dearbornschools.org](mailto:mahmoos@dearbornschools.org)

Dawn Hunt, SLP [hunt@d@dearbornschools.org](mailto:hunt@d@dearbornschools.org)



Click on the song and do the motions while you watch and listen.

We



are all done.

