

DRESSING:

FINE MOTOR SKILLS (Buttons, zippers & snaps)
SEQUENTIAL PLANNING (Dressing order)

Lay clothes out prior to dressing in the order in which they are put on.
This can help with planning and sequential order.



SHIRTS

- Larger neck openings
- Designate front from back with permanent mark or symbol

FOR PRACTICE

Oversized shirts

PANTS, SHORTS, SKIRTS & DRESSES

- Elastic Waistbands
- Hook & loop closures
- Hook & eye clasps

FOR PRACTICE

Button boards

Busy boards with zippers & snaps

SHOES

Slip-ons

No tie elastic laces

Hook & loop closures

Label left & right

FOR PRACTICE

Shoe cards

Different colored laces

BRUSHING: TEETH:

FINE/GROSS MOTOR SKILLS:

Toothbrush holding & moving

TIME MANGEMENT: Awareness of appropriate time

TOOTHBRUSHES

- Battery powered
- Larger handled brushes
- Finger brushes

FLOSS

- Floss picks
- Water based flossers

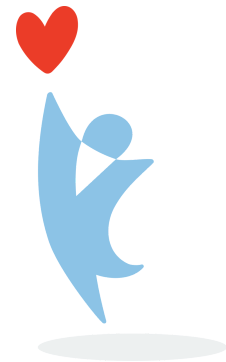
TIMERS

Important for helping keep track of 2 minute suggestion by dentists.

- Kitchen dial timer
- Digital timer
- Brushes with built-in timers

OTHER TIPS

- Brush each tooth vs. all at once
- Count 3-5 seconds per tooth
- Try toothpaste from a pump vs. a standard tube
- Keep toothbrush, toothpaste, floss & time together for organization
- Use a mirror for proper technique
- Sit to avoid muscle fatigue from standing



SLEEPING: Improved sleep hygiene and routine can help ease some bedtime troubles.



ROUTINE, ROUTINE, ROUTINE!

Bedtime routines are an important piece for helping children transition from an **active** mind state to **relaxed** and **quiet**.

Some activities to try:

- Warm shower or bath
- Teeth brushing
- Reading or quiet drawing
- Meditation or quiet listening

SLEEP ENVIRONMENT

- Cooler temperatures
- Darkening curtains
- Soft light if nightlight needed
- White noise or soft sounds (ocean, rain, etc.) to help block outside noise

SENSORY AVOIDANCE

- Loose sheets & blankets
- Loose fitting bed clothes

SENSORY SEEKING

- Fitted bed clothes
- Therapy sheets
- Appropriate weighted blankets

THINGS TO AVOID

- Using electronics 1-2 hours before lights out
- Bright light
- Foods with a lot of sugar
- Beverages with caffeine
- Intense exercise or exciting games

If you suspect your child does have a sleep disorder, discuss with your pediatrician. The items listed are suggestions and are NOT medical advice