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Undressing: Trousers

Backward Chaining Approach



Barnsley Children's Therapy Services



Name:

NHS Number:

www.southwestyorkshire.nhs.uk

With all of us in mind.

This leaflet teaches undressing using a backwards chaining method.

Backwards chaining can help develop the child's skills while still giving them a sense of achievement. You perform the majority of the task, and the child completes the final step. As the child gets better at completing that one step of the task, the adult then makes it a bit harder by introducing an additional step for the child to complete.

Tick the box at each stage when your child is independent.

Assistance required from an adult is indicated by **(A)**, and the action completed by the child is indicated by **(C)**.

TOP TIP:

Choose trousers that are too large, with an elasticated waist.

Practice for a few minutes daily, rather than 30 minutes in one session.

Make the task fun, with appropriate rewards.

You will need:

- Trousers
- Space & Time

Suggested Activities:

- Dressing and undressing dolls.
- Dress up as your favourite characters!

Stage 1:

(A) Assist child to take trousers off first leg.

(C) Child removes trousers from second leg independently.

If balance is difficult your child could sit down!

Stage 2:

(A) Assist child to pull their trousers down to their ankles.

(C) Child removes trousers from both feet independently.

Stage 3:

(A) Assist child to pull trousers down to their knees.

(C) Child removes trousers from their knees independently.

Encourage use of the same foot whilst practising!

Stage 4:

(A) Assist child to pull trousers halfway down their bottom.

(C) Child removes their trousers.

Stage 5:

(A) No assistance required!

(C) Child removes their trousers independently.

This technique can be used with any lower garment!

WELL DONE!

