



South West
Yorkshire Partnership
NHS Foundation Trust

Our Details:

Children's Therapy
The Cedars,
Kendray Hospital,
Doncaster Road,
Barnsley
S70 3RD

Telephone: 01226 644396

If you have any queries, please contact your therapist.



Dressing: T-Shirt

Backwards Chaining Approach



Barnsley Children's Therapy Services



Name:

NHS Number:

www.southwestyorkshire.nhs.uk

With all of us in mind.

This leaflet teaches dressing using a backwards chaining method.

Backward 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 tops that are loose fitting with short sleeves!

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

Make the task fun, with appropriate rewards.

You will need:

- T-Shirt
- Space & Time

Suggested Activities:

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

TOP TIP:

Backward chaining can be used with any upper garment!

Stage 1:

(A) Adult places T-Shirt over head with arms through the sleeves.

(C) Child pulls t-shirt down over body

If balance is difficult your child could sit down!

Stage 2:

(A) Assist child to place T-Shirt over head and put one arm through a sleeve and other arm half-way through.

(C) Child pushes arm into second sleeve and pulls top down.

Stage 3:

(A) Assist child to place T-Shirt with one arm through sleeve.

(C) Child places second arm through sleeve independently.

Stage 4:

(A) Assist child to place T-Shirt on over head.

(C) Child places arm in sleeves independently.

Stage 5:

(A) No assistance required!

(C) Child puts on their T-Shirt independently.

WELL DONE!

