



OT Lens: Un Paso
A La Vez



Dressing

WHAT IS DRESSING?

Dressing is an important self-care skill for social recognition, selection skills, and quality of life (Çetrez-İscan et al., 2016). Dressing can be a difficult skill among children with autism spectrum disorder. When teaching children dressing skills it is recommended to incorporate least-to-most difficult skills and to learn to remove clothes prior to teaching to putting on (Çetrez-İscan et al., 2016).

Dressing incorporates:

- Balance
- Coordination
- Motor planning
- Executive functioning
- Strength

(O'Brien & Kuhaneck, 2019)

WHAT DOES DRESSING IMPACT?

Dressing involves different types of fabrics that can influence the sensory experience of individuals with ASD as they trigger their senses depending on the texture of the cloth (Kyriacou et al., 2023). Fabrics can impact individuals' well-being, specifically those with tactile defensiveness (Kyriacou et al., 2023). This means those more sensitive to touch than their peers, resulting in pain or discomfort. For example, a child with ASD may avoid clothes that are made from a specific fabric, or tight clothing because of the clothing touching g their body and feeling uncomfortable or annoyed (Kyriacou et al., 2023).

REFERENCES

Çetrez-İscan, G., Nurçin, E., & Fazlıoğlu, Y. (2016). Effect of most-to-least prompting procedure on dressing skill of students with autism. *Educational Research and Reviews*, 11(18), 1766-1774.

Hendricks, D. (2010). Employment and adults with autism spectrum disorders: Challenges and strategies for success. *Journal of vocational rehabilitation*, 32(2), 125-134

Kyriacou, C., Forrester-Jones, R., & Triantafyllou, P. (2023). Clothes, sensory experiences and autism: Is wearing the right fabric important?. *Journal of Autism and Developmental Disorders*, 53(4), 1495-1508. <https://doi.org/10.1007/s10803-021-05140-3>

O'Brien, J. C., & Kuhaneck, H. (2019). *Case-Smith's Occupational Therapy for Children and Adolescents - E-book* (8th ed.). Mosby



****Please consult a licensed occupational therapist or healthcare practitioner to ensure the activities are appropriate for your child.****



www.Otlensunpasolavez.com

