Race to Dress Activity Card

A great game to encourage your child to get themselves dressed in the morning in a fun and speedy way!

WHAT DO I NEED

1. Ask your child what they would like to wear the night before (make sure to start with simple clothes and work up to difficult buttons and fastenings)
2. Lay out the garments ready for the morning
3. A timer or clock

METHOD

1. When it is time to get dressed as part of your daily routine, set the timer for 10 minutes to see if your child can "beat the clock"
2. Alternatively you can count to see how many seconds it takes for your child to get dressed.
3. You can record how long it takes your child to get dressed to see if they can "beat the clock " the following week.
4. Make sure to help them with difficult fastenings and demonstrate how the fastenings work before hand so your child can learn as they go

#readyforschool