Learning to Get Dressed by Myself
Every day, I am learning to do more and more things by myself! Right now, I feel ready to learn how to get dressed by myself.
It is a good idea to pick out my clothes the night before. This way, I can dress for the weather. I can also see if my clothes look good together before I put them on.

If I need help matching colors or have questions about which clothes to wear, I can ask my family member for help.
I can start by checking the weather and deciding which activity I am getting dressed for. I should check if it will be sunny, rainy, snowy, warm or cold.

I can dress for school, work, sports or play too.
There are many types of clothes. Some clothes are casual, like T-shirts, sweat pants or sweatshirts. I would wear casual clothes when I workout or spend time with my friends and family.
There are also formal clothes, like a suit, a nice dress or a skirt. I would wear formal clothes to a fancy dance, a nice dinner or if I work in an office.
I can start to get dressed every day by putting on my underwear. Then, I can put on all my other clothes.
For hot weather, I can wear a T-shirt with shorts or pants.

If it is cold, I can wear more clothes. I can wear a long-sleeved shirt or sweatshirt with a warm jacket. I can even add a hat, gloves or a scarf if it is very cold!
I also need to pick out shoes to wear! If I am doing something active, like playing sports or exercising, I should wear comfortable sneakers.

If it is hot outside, I can wear sandals or sneakers. If it is cold or rainy, I can wear boots.
Now I am ready for the day! I am proud that I learned how to get dressed by myself.
Down Syndrome Program

MassGeneral Hospital for Children
55 Fruit Street, Suite 6C
Boston, MA 02116

For more information please call

617-643-8912

www.massgeneral.org/downsyndrome