



**COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND
PHYSIOTHERAPY SERVICES**

**STRATEGIES TO SUPPORT CHILDREN WITH DIFFICULTIES IN
TOLERATING CLOTHING**

Style, colour, type and texture of clothing is a personal preference and from an early age a child may have firm ideas about the clothing they wear. A few personal preferences are perfectly normal i.e. a dislike of polo neck sweaters, short sleeves on cold days, baggy or tight fitting T shirts.

However, some children become very limited in their choice of clothing and over react if clothing is not just right.

DIFFICULTY	IDEAS TO TRY
<p>Type of material or clothing makes the child uncomfortable, itch or refuse to wear.</p> 	<ul style="list-style-type: none"> • Identify which textures the child likes: - cotton, wool, fleecy, polyester. • Identify the style i.e. formal shirt, T shirt, style, fitted, loose, neck shape, sleeve length. <p>Once preferences have been identified try to replicate as much as possible. Even if it means having several of the same item.</p>
<p>Tolerating labels and seams</p>  <p>Remove labels</p>	<p>Cut out or unpick labels. Check finish of seams at neckline and at waist band.</p> <p>A label at a side seam can be less irritating and wearing a vest or undergarment may resolve the need to remove.</p> <p>Seams on jeans can be uncomfortable, some styles are better than others. Boys may prefer loose fitting jogging bottoms; girls may prefer leggings or jeggings.</p> <p>There are socks and tights available without seams.</p>

Tolerating Shoes



Comfort of fabric

Limited range of clothing

Is a tight or loose fitting shoe preferable?

Try a shoe that covers a lot of the foot, a low cut or strappy shoe may irritate.

A heavy boot that fits well around the ankle may be preferable for some children.

Try a thicker sock in the shoe.

Many children prefer crocs or Ugg type boots.

Consider if the fastening is an irritant. A lace shoe may be preferable. Be prepared to teach the child how to tie laces.

Pre wash clothes possibly several times to soften the garment.

If necessary add new garments as one is wearing out and rotate garments to keep a selection available. Add new garments before current ones wear out so to limit the contrast between a new and well worn garment.

Use unscented washing liquid/powder and conditioner if used.

To identify which clothes your child prefers let them choose their clothes at a weekend/holidays and observe which they tolerate, prefer, affects behaviour.

To broaden the range of clothing consider combining clothes e.g. for a boy T shirt under a shirt, for a girl leggings under shorts or skirt.

	<p>Identify the minimum number of garments needed and add new items or replace as required and rotate so the child is not dependent on one or two items.</p>
<ul style="list-style-type: none"> • Discuss with the child to identify a number of items they will wear. Work towards 7 complete outfits. Or as a minimum 7 top half garments and 3 or 4 lower half garments. If more can be chosen then all well and good! • Write out a chart/rota of garments. The child chooses from the rota as appropriate for the day or weather. • The child will therefore wear garments in a rota and ensure equal wearing of garments. • In this way new garments can be pre-washed and added into the rota and old/worn out garments removed. • This will allow the capsule wardrobe to be widened and updated. • When buying new garments consider the fabric, the fit, the colour, seams and fastenings, potential points of irritation, and the weight of the garment, some children like a heavy hoodie or coat others a lightweight garment. 	

NAME:

DATE:

Ideas to try	Outcome
1.	
2.	
3.	
4.	
5.	
6	