

Sybil Elgar School | Our Transdisciplinary Team Newsletter

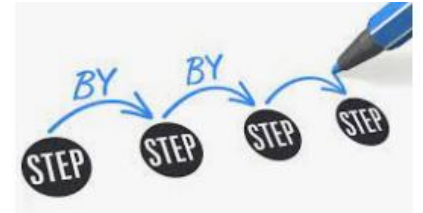
Developing dressing skills to support independence and self-esteem

Self-care skills- including dressing – are important life skills. Developing these supports independence and self-esteem.

Using backwards chaining to teach skills

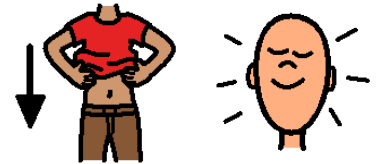
What is backward chaining?

- Backwards chaining is a technique for teaching new skills which involves breaking a task into lots of small steps and then teaching the **last step first**.
- Your child **gradually learns to complete more steps** of the task as their skills develop.



Why use backward chaining?

- Your child gains a **sense of achievement** by getting to finish the task.
- Your child **builds confidence** as they gradually learn to do more of the task by themselves.



Example of teaching a skill using backwards chaining: Putting on socks

Stage 1:

- Adult puts the sock onto the child/ young person's foot and over the heel.
- Child/ young person pulls the sock up from their ankle up their leg.



Stage 2:

- Adult puts the sock onto the child/ young person's foot.
- Child/ young person pulls the sock over their heel **AND** up from their ankle up their leg.

Useful links and resources

- Kids Independently Developing Skills (KIDS) website is written by NHS Occupational Therapists and has some great tips: <https://www.nhsggc.org.uk/kids/>



Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



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