

Back to School - Top Tips

Dressing for the occasion



The School Uniform

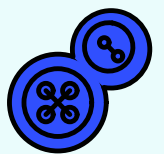
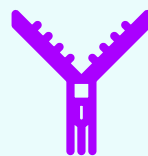
Comfort is key and again the less laundry demands the better for parents. Some schools are quite fixed in their uniform (e.g. crested items) but most allow mainstream shop options for shirts / polos / skirts / trousers etc.

- * Does your child hate the feel of stiff fabrics? Look for softer materials (e.g. jersey skirt/pinafore/trousers)
- * Does your child hate the feel of clothes tags? Remove /trim these before school starts to prevent irritations.
- * Do edges and seams bother your child? Look for seamless socks and tights.
- * Does your child struggle to tie buttons/zips? Look for easy fastening items – most stores now have 'accessible' uniform items with Velcro fasteners.
- * What sleeve length is more comfortable for your child? Long or Short?
- * Choose shoes that are comfortable, hard wearing, and easier to get on and off – Velcro straps can help especially for younger children. Light up shoes may help a child who responds well to visual stimulation or simply be fun! Elasticated laces can help older children who want to wear lace up shoes that look like their friends.
- * Coats – Look for larger zips or larger buttons that are easier open and close or rain ponchos might be a suitable alternative or again Velcro fasteners are handy.

A week before returning to school do a dress rehearsal to make sure everything fits and is comfortable. Then hang the uniform up in your child's room as a visual cue for the transition back to school. Put your child's name on all uniform items or an identifiable logo of their favourite character. Stick-on name labels can be used. If labels are irritating, try using a clothing stamper or clothing marker. Driving past the school to show/remind the child where they will be going is also a good idea to help prepare.

Dress Rehearsal Time

Remember to practice doing up zips and buttons at a relaxed time of the day with your child.



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