

Dear Parents,

As your child starts school for the first time he or she may be anxious about doing things "all by themselves". Lots of practice at home will ensure your child feels comfortable trying new things at school. If your child has trouble putting on his/her own coat, try this trick.



### Coat Flip Trick

1. Place the coat on the floor.
2. Lay it flat with the inside facing up.
3. Stand facing the top or collar of the coat.
4. Bend over and place the arms in the sleeves.
5. Then lift and flip the whole coat up and overhead.
6. When the arms come down you are all set!

Please keep in mind when your child is undressing that he or she needs to take off his/her coat without "messing up the sleeves". We teach a trick for this on the first day but it might be a good idea to start practicing it at home! I have them use one hand to hold the end of the opposite sleeve, and pull out the arm from the sleeve. Then they use the free hand to "Shake Shake Shake" the other arm out being sure to hold the end with the other arm so the sleeve doesn't go inside out! For this trick to work your child's coat needs to be a good size for them and not too tight or small. Jean jackets are usually a snug fit and children find them difficult to get off without "messing up the sleeves". Please avoid sending children with pull over coats/sweaters, buttons and snaps as they are very tricky for young children to do all on their own! Practice makes perfect, and provides your child with the confidence to have faith in their abilities.

**Encouraging independence allows for more risk taking when encountering new tasks at home and at school.**