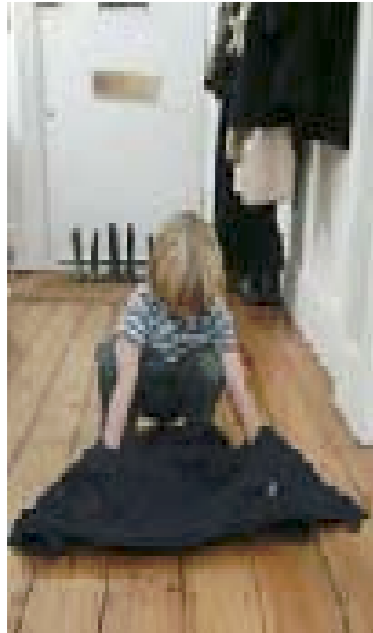
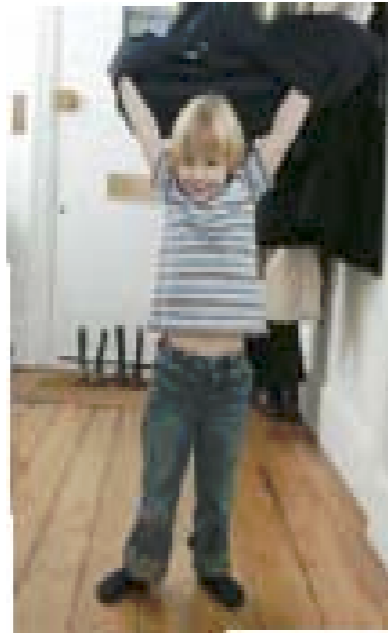


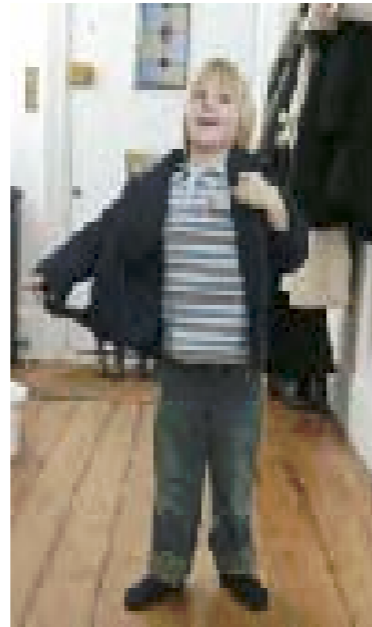
step by step: putting on a coat



ONE The child lays his coat on the floor with the lining uppermost and squats down at the top where the hood is.



TWO Slotting his hands into the sleeves, he lifts the coat over his head. The sleeves slide down over his arms.



THREE The coat falls neatly down over his back and the child straightens out the front. "See, I can do it myself!"



FOUR Having practiced to perfection, the child can now put on his coat all by himself in less than 30 seconds. He beams with pride.

Putting on a coat can be the most awkward aspect of getting dressed for a young child. From time to time even adults struggle to find a sleeve left hanging somewhere behind. In Montessori nurseries in winter when perhaps 20 small children need to put on coats at the same time to go outside, there is a simple technique to help them get ready with the minimum of assistance. It's just as easy to use at home.

preparation helps Start by organizing your hall with shoe racks and a low peg on which your child can hang his coat. Show your child how to pull his coat sleeves the right way out each time he hangs it up. Now show him how to put on his coat following the steps in the sequence above. Approaching the coat from the collar end is important (many children end up with an upside down coat the first few times) so demonstrate this step carefully. When your child masters this trick he will feel a huge sense of independence and achievement so let him practice as much as he wants to.