

My Daily Helper

Pink Bunny & Friends

Getting Dressed



**A Social Story About
Getting Ready in Comfortable Clothes**

It Is Time to Get Dressed



I change from pajamas into daytime clothes. I can get dressed one step at a time.

Ask Together

How do you know it is time to get dressed?



I Check the Weather



I look outside or ask a grown-up about the weather. This helps me choose clothes.

Ask Together

What clothes work for today's weather?





I choose a shirt and bottoms that feel comfortable on my body.

Ask Together

What clothes feel comfortable to you?



I Put On My Shirt



I put my head and arms through my shirt. I can ask for help.

Ask Together

Who can help with your shirt?



I Put On My Bottoms



I put on my pants, shorts, or skirt while keeping my body private.

Ask Together

What comes after your shirt?



I Put On My Socks



I sit safely and pull on one sock at a time.

Ask Together

Can you name the two sock steps?



I Put On My Shoes



I put on my shoes and fasten them the way that works for me.

Ask Together

What helps you put on shoes?



I Speak Up About Comfort



If a tag, seam, or tight spot bothers me, I can say so.

Ask Together

What can you say when clothes hurt?



We Find a Solution



A trusted grown-up can adjust the clothes or help me choose another item.

Ask Together

Who can help solve a clothing problem?



Great Job - I Am Dressed!



I am fully dressed and ready. I can feel proud of every step I tried.

Ask Together

Which dressing step are you proud of?

