



INDEPENDENT DRESSING STARTS HERE

SHAPING

Learning to get dressed isn't "all or nothing." Many children benefit from shaping — an ABA strategy that helps them learn complex skills one small step at a time.

Instead of expecting full independence on day one, we reinforce progress through **tiny, successful attempts**. Over time, these small steps build confidence, reduce frustration, and increase independence.

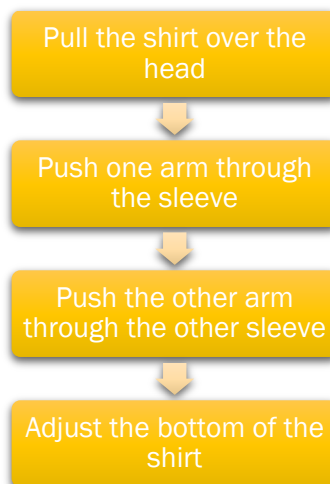
Example:

If your child can't put on a shirt yet, start by having them push one arm through the sleeve while you help with the rest. Reinforce that effort and gradually increase what they do on their own. Each mini-step matters!

Shaping works because it focuses on what the child *can* do now, not what they can't do yet.

Today...

Celebrate one small success! Ask your child to complete **just one step** in their dressing routine, prompt as needed. Offer praise, a high-five, or positive attention. As they succeed, slowly add the next step. Progress grows with practice!



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