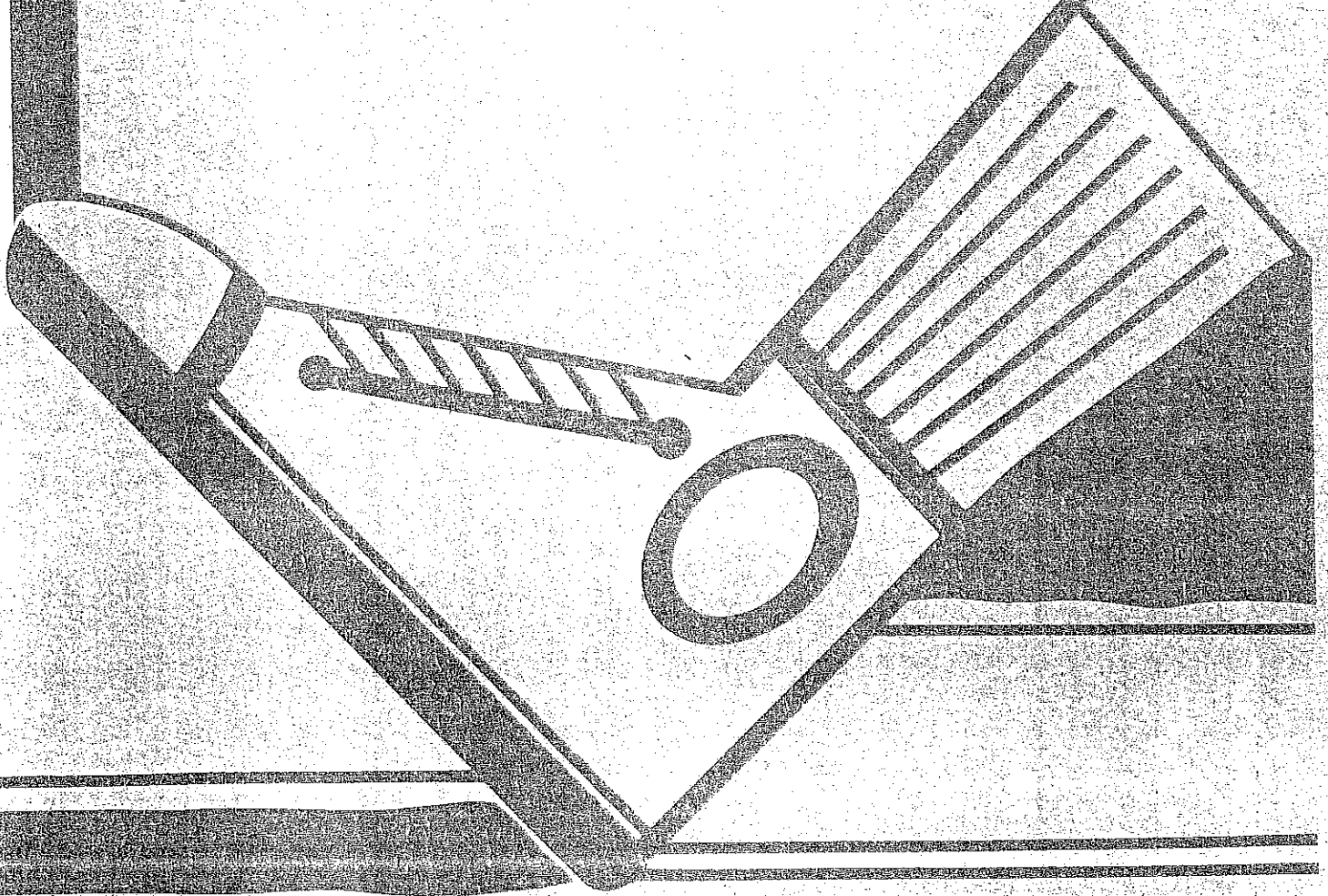
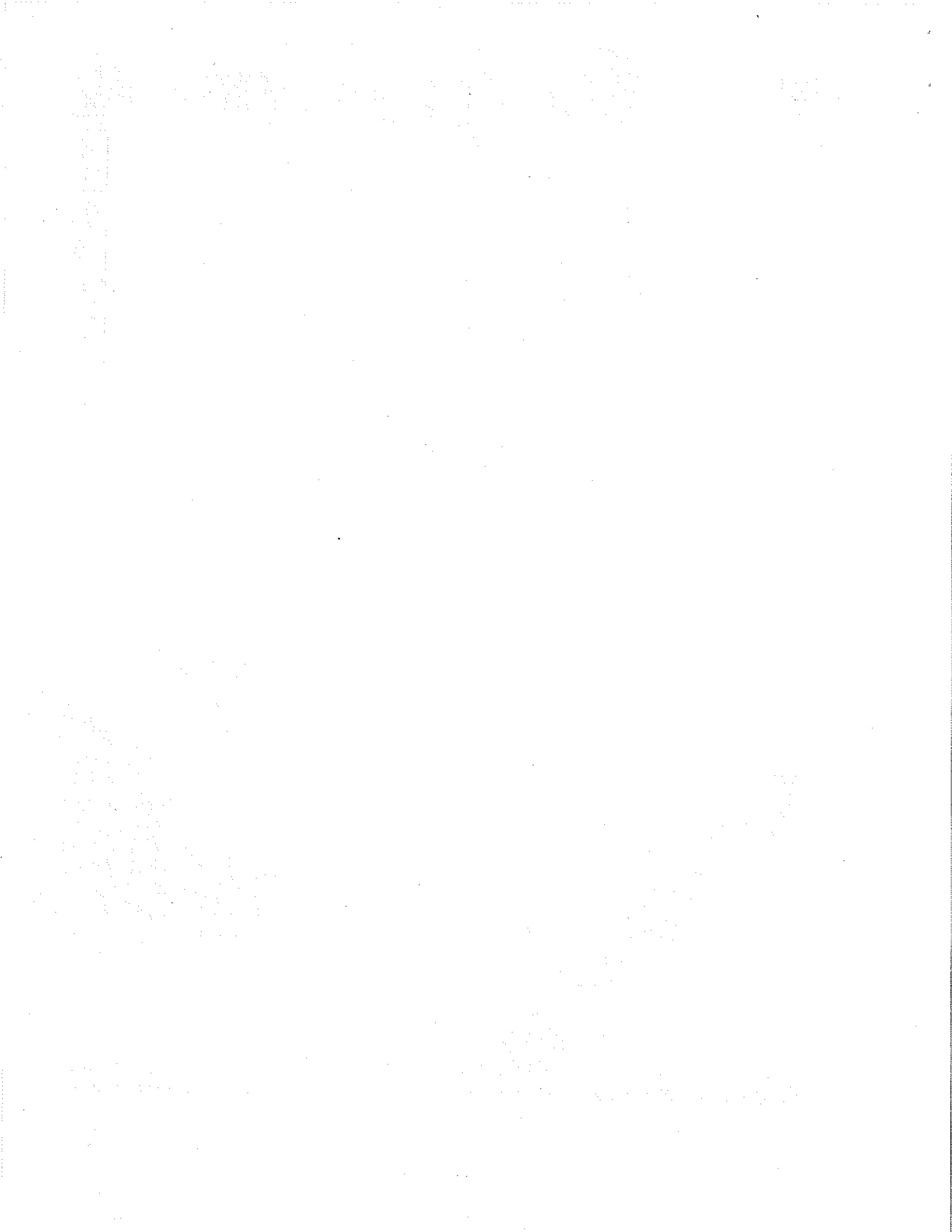


Telepac

Shoes and Socks





Parent
Involvement
Package

SHOES AND SOCKS

Donna Yergensen
Hester Henderson

Alan M. Hofmeister (Director)
Chuck Atkinson

Project TELEPAC
Exceptional Child Center
Utah State University
Logan, Utah 84322

3/76

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The lessons in this package are designed for use by people of both sexes; masculine pronouns have been used merely for brevity and convenience.

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INTRODUCTION

Purpose

The purpose of this package is to help YOU teach your child how to put on and take off his socks and shoes. It is recommended that you follow the instructions carefully, since the package, as it comes to you, has been tested and successfully used by parents before. You need not have had previous experience or specialized training to achieve the best results.

Is Your Child Ready?

If your child can grasp objects and follow simple directions, he is ready to begin this package.

GENERAL DIRECTIONS

- Length ----- Work no longer than 20 minutes a day.
- Place ----- Choose a place that is free from distraction.
- Time ----- Try to work the same time each day. Do not choose a time during your child's favorite TV show or during his play time.
- Getting Ready ----- Have a work space, comfortable chairs, and the package materials ready at the scheduled time. When your child gets ready to work praise him. (For example, "I like the way you get ready to work" or "We are going to have a good lesson".)
- Pace ----- If your child is losing interest, speed up the lesson.
- Teaching the Lessons --- "P" stands for parent.
 "C" stands for child.
 Directions are in parentheses. ()

BEGINNING CHECK

Purpose: The purpose of the Beginning Check is to find out if your child needs this package.

Directions: There are 4 lessons in this package; one for putting on socks, one for removing socks, one for putting on shoes and one for removing shoes. There is a check for each lesson.

Do all four checks with your child. If he passes a check, he will not have to be taught the lesson that goes with that check. If he does not pass a check, he will have to be taught the lesson that goes with that check.

Materials Needed: Child's right shoe
Child's sock
Parent Chart
Child's Progress Chart
Pencil (for marking)

Check for Lesson 1: Putting on Socks

P. (Place the sock beside your child's right foot.)

LOOK HERE. (Touch the sock.)

PUT ON YOUR SOCK.

(Do not give help. Do not give praise. Say nothing. Your child will pass if he puts on the sock with no help.)

Note: If your child passed this check, mark through all of Lesson 1 on the Parent Chart and Child's Progress Chart (see page 8). Do not teach Lesson 1 in this package. If your child did not pass this check, teach Lesson 1 in this package.

Check for Lesson 2: Removing Socks

P. (Begin with the sock on your child's right foot.)

LOOK HERE. (Touch the sock.)

P. TAKE OFF YOUR SOCK.

(Do not give help. Do not give praise. Say nothing. Your child will pass if he takes off the sock with no help.)

Note: If your child passed this check, mark through all of Lesson 2 on the Parent Chart and Child's Progress Chart (see page 8). Do not teach Lesson 2 in this package. If your child did not pass this check, teach Lesson 2 in this package.

Check for Lesson 3: Putting on Shoes

P. (Place the right shoe beside your child's right foot.)

LOOK HERE. (Touch the shoe.)

PUT ON YOUR SHOE.

(Do not give help. Do not give praise. Say nothing. Your child will pass if he puts on the shoe with no help.)

Note: If your child passed this check, mark through all of Lesson 3 on the Parent Chart and Child's Progress Chart (see page 8). Do not teach Lesson 3 in this package. If your child did not pass this check, teach Lesson 3 in this package.

Check for Lesson 4: Removing Shoes

P. (Begin with the right shoe all the way on your child's right foot.)

LOOK HERE. (Touch the shoe.)

TAKE OFF YOUR SHOE.

(Do not give help. Do not give praise. Say nothing. Your child will pass if he takes off the shoe with no help.)

Note: If your child passed this check, mark through all of Lesson 4 on the Parent Chart and Child's Progress Chart (see page 8). Do not teach Lesson 4 in this package. If your child did not pass this check, teach Lesson 4 in this package.

SETUP

Materials included in the package:

- (1) The Parent Manual: You are reading the parent manual. It tells you what to do and say as you teach each lesson.
- (2) The Parent Chart: You will keep a record of your child's work on this chart.
- (3) The Child's Progress Chart: Your child will keep his own record on this chart.

Materials you will provide:

- 1 Pair of your child's shoes
- 1 Pair of your child's socks
- Pencil for marking charts

Seating Plan

You and your child may sit on the floor, on a bed, or on the couch.

CORRECTING AND PRAISINGCorrecting

Use these three ways to correct your child.

Tell: When your child has difficulty, tell him how to do the step. Then have him do it by himself.

Show: If your child is still having difficulty, show him how to do the step. Then have him do it by himself.

Help: If your child is still having difficulty, help him. Take his hand and move him through the step. Then have him do it himself.

When your child makes a mistake, immediately tell, show, or help him do it correctly.

Praise

When your child makes a correct answer, it is important to let him know exactly what it is that he did correctly. "Very good" does not tell the child exactly what it is he did correctly. Here are some better ways to praise your child:

"Great! That's the right way to do it."

"Wow! That's it! You are a hard worker."

If your child is having trouble or is making a lot of mistakes, keep encouraging him with comments like:

"This sure is tricky, isn't it? I like the way you are trying so hard."

"Good trying! You're almost there."

CHARTING

Parent Chart

Mark through Lesson 1, 2, 3, or 4 if your child passed any of them on the Beginning Check.

At the end of teaching sessions note your child's progress by writing the date in the empty box beside the lesson and step on which you worked. When your child completes a step correctly mark with a slash through the date.

Shoes and Socks

PARENT CHART

NAME: SUSIE

LESSON 1	step A								
	step B								
	step C								
LESSON 2	step A								
	step B								
	step C								
LESSON 3	step A								
	step B								
	step C								
LESSON 4	step A								
	step B								
	step C								

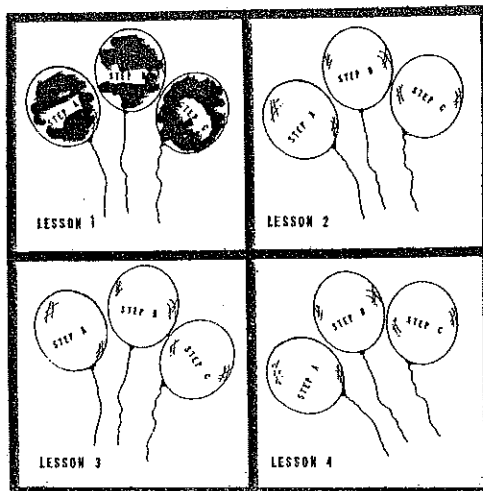
Child's Progress Chart

Your child may color in each lesson step when he completes it correctly.

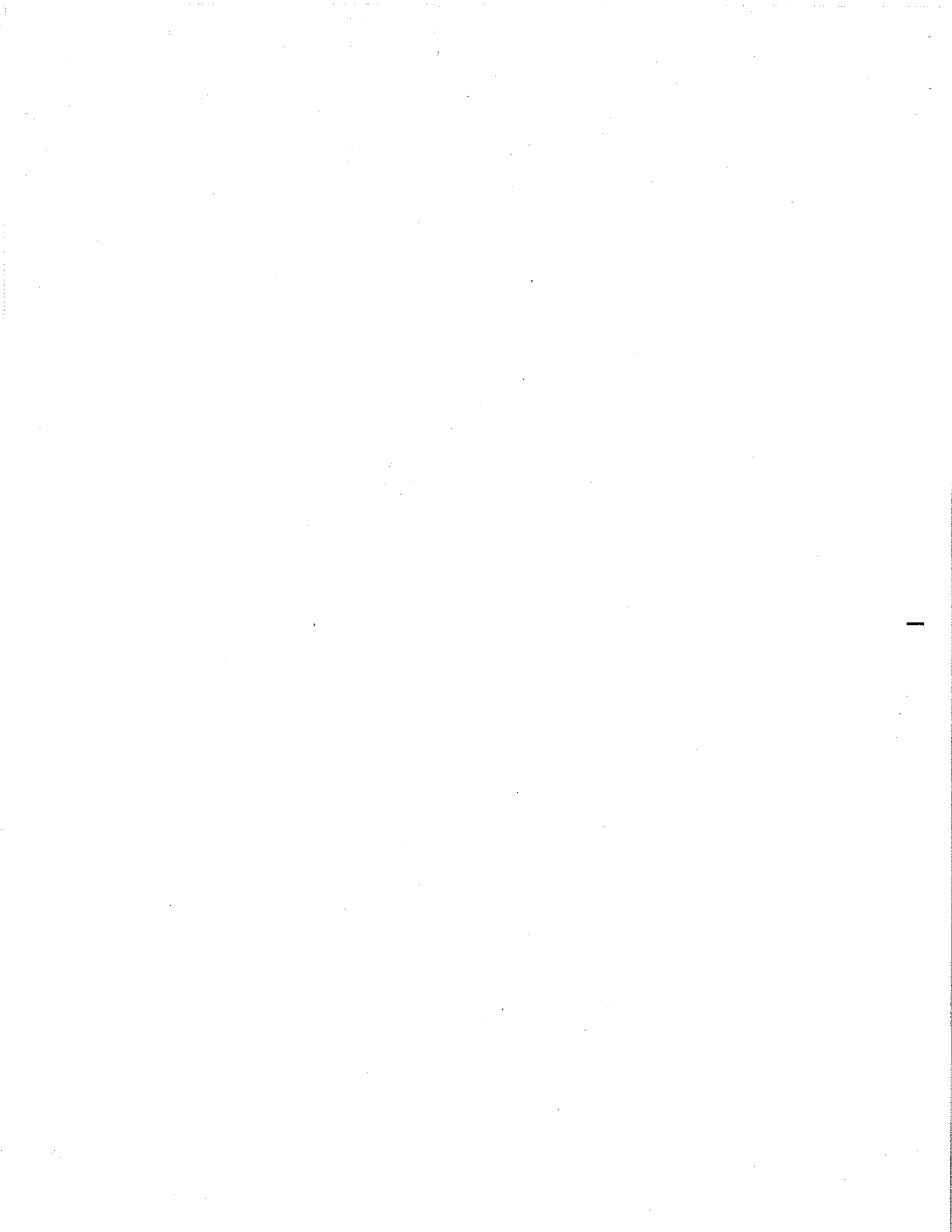
SHOES and SOCKS

CHILD'S PROGRESS CHART

Name: SUSIE



DAILY
LESSONS



LESSON 1: PUTTING ON SOCKS

Materials: One pair of your child's socks
 Parent Chart
 Child's Progress Chart
 Pencil (for marking charts)

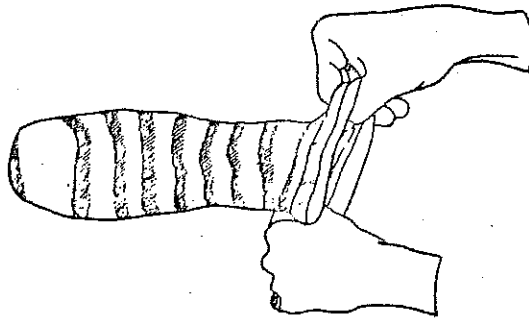
Note: Until your child can put on his socks on his own, teach Lesson 1 each day. Go through all of the steps in Lesson 1 each time you teach.

Step a

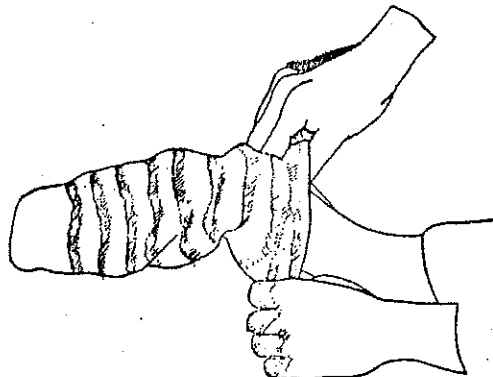
P. (Begin with a sock beside your child's right foot. Sit on the right side of your child while teaching him to put his sock on his right foot.)

I WILL HELP YOU LEARN TO PUT ON YOUR SOCK. LOOK HERE.
 (Point to the sock.)

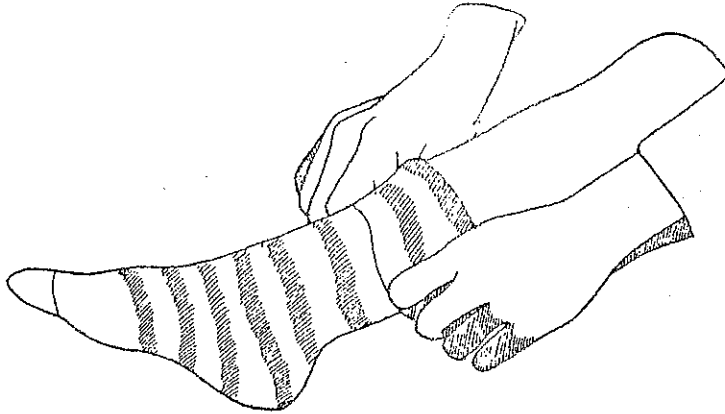
WATCH ME PUT ON YOUR SOCK. I HOLD THE SOCK LIKE THIS.
 (Hold your child's sock with your thumbs on the inside and your fingers on the outside.)



P. NOW I HOLD THE SOCK LIKE THIS AND PULL IT OVER YOUR TOES LIKE THIS.



P. THEN I PULL THE SOCK UP OVER YOUR HEEL LIKE THIS.



P. THEN I PULL THE SOCK UP ABOVE YOUR ANKLE LIKE THIS AND YOUR SOCK IS ON.

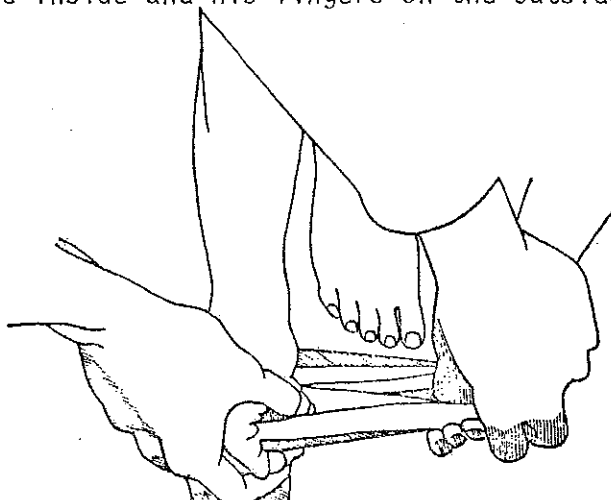


Step b

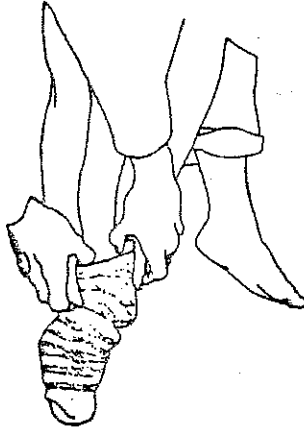
P. NOW LET'S TRY PUTTING YOUR SOCK ON TOGETHER. I WILL HELP.
(Begin with the child's sock beside his right foot.)

FIRST WE HOLD THE SOCK LIKE THIS.

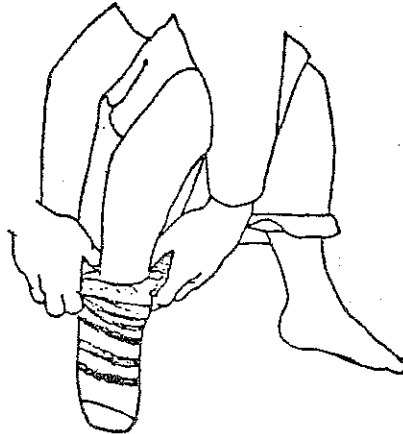
(Help your child hold onto the sock by placing his thumbs on the inside and his fingers on the outside.)



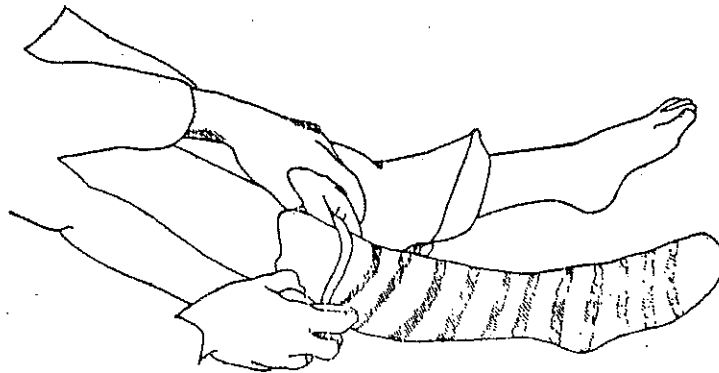
- C. (Holds the sock with the parent's help.)
- P. GOOD HOLDING THE SOCK. NOW LET'S PULL THE SOCK OVER YOUR TOES.
(Help your child pull his sock over his toes.)



- C. (Pulls his sock over his toes with the parent's help.)
- P. NOW PULL THE SOCK UP OVER YOUR HEEL LIKE THIS.
(Help your child pull his sock up over his heel.)



- C. (Pulls his sock up over his heel with the parent's help.)
- P. NOW PULL YOUR SOCK UP ABOVE YOUR ANKLE LIKE THIS AND YOUR SOCK IS ON.
(Help your child pull his sock up above his ankle.)



- C. (Pulls his sock up with the parent's help.)

NOTE: If your child is having trouble putting on one of his own socks, try using an oversized pair of socks first then when he can successfully put those on, repeat the lesson having him put his own socks on.

Step c

P. (Begin with a sock beside your child's right foot.)

PUT YOUR SOCK ON BY YOURSELF.

C. (Holds the sock with his thumbs on the inside and his fingers on the outside, pulls the sock up over his toes, over his heel, then above his ankle.)

P. GREAT! YOU PUT YOUR SOCK ON BY YOURSELF!

(If the child successfully puts on his sock on his right foot without help, repeat Lesson 1 putting his sock on his left foot. The parent will sit on the left side of the child for this lesson.)

If your child is unable to put his sock on, repeat steps a and b of Lesson 1. Continue to teach steps a and b until he can put his sock on with your help then teach step c. When he can put his sock on 3 times in a row without help, go on to Lesson 2.

LESSON 2: REMOVING SOCKS

Materials: One pair of your child's socks
 Parent Chart
 Child's Progress Chart
 Pencil (for marking charts)

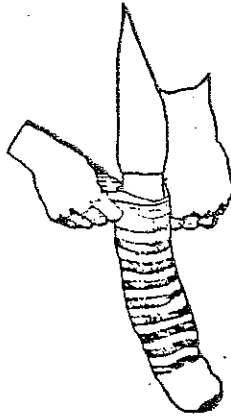
Note: Until your child can remove his socks on his own, teach Lesson 2 each day. Go through all of the steps in Lesson 2 each time you teach.

Step a

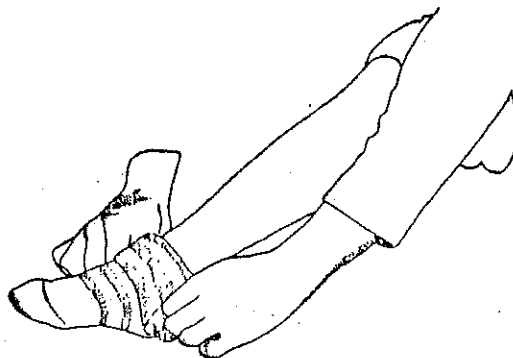
P. (Begin with the child's sock on his right foot. Sit on the right side of your child while teaching him to remove his sock from his right foot.)

I WILL HELP YOU LEARN TO TAKE OFF YOUR SOCK. LOOK HERE.
 (Point to the sock on his right foot.)

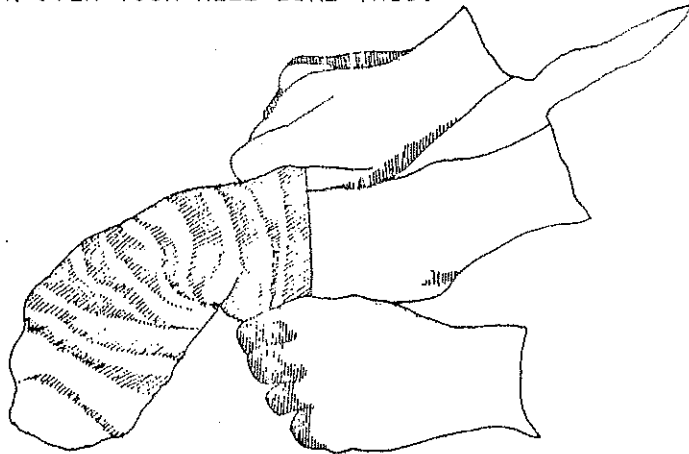
WATCH ME TAKE OFF YOUR SOCK. I HOLD THE SOCK LIKE THIS.
 (Hold your child's sock with your thumbs on the inside and your finger's on the outside.)



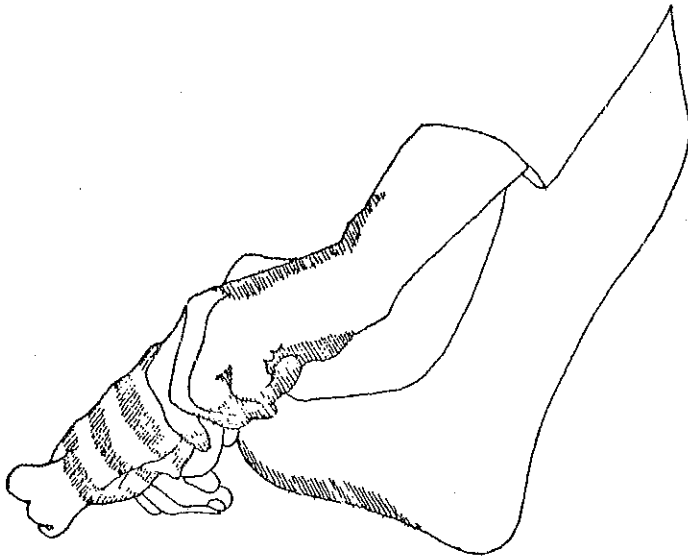
P. I PULL THE SOCK DOWN TO YOUR ANKLE LIKE THIS.



P. THEN I PULL THE SOCK OVER YOUR HEEL LIKE THIS.



P. THEN I PUSH THE SOCK OVER YOUR TOES AND OFF YOUR FOOT LIKE THIS.

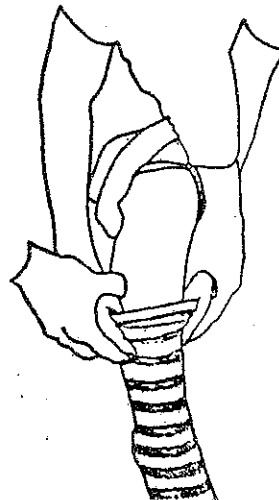


Step b

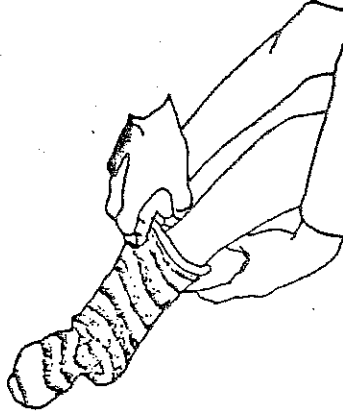
P. NOW LET'S TRY TAKING OFF YOUR SOCK TOGETHER. I WILL HELP.
(Begin with your child's sock on his right foot.)

FIRST WE HOLD THE SOCK LIKE THIS.

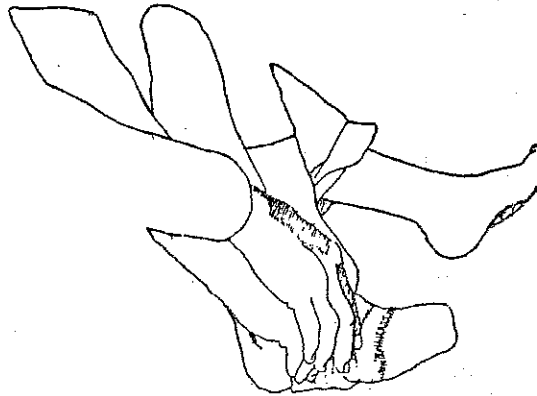
(Help your child hold onto the sock by placing his thumbs on the inside and his fingers on the outside.)



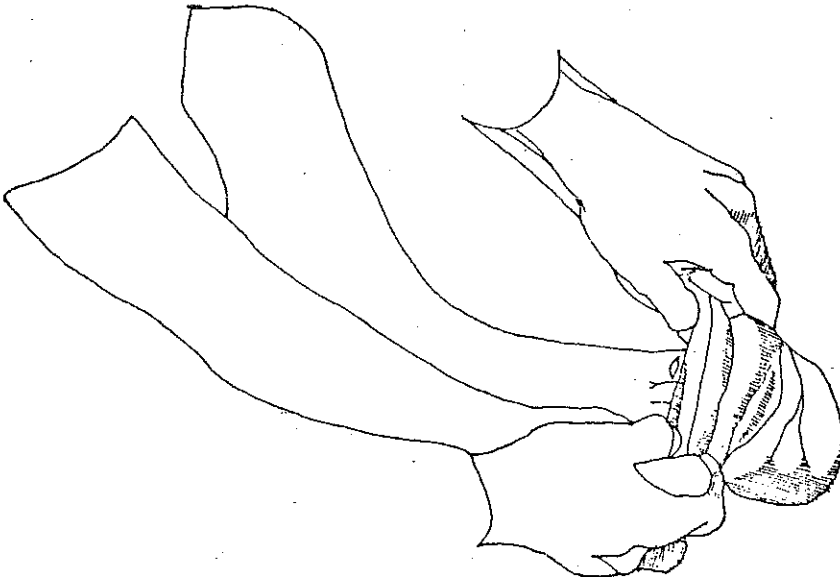
- C. (Holds the sock with the parent's help.)
- P. GOOD HOLDING THE SOCK. NOW LET'S PULL THE SOCK DOWN TO YOUR ANKLE LIKE THIS.
(Help the child pull the sock down to his ankle.)



- C. (Pulls the sock down to his ankle with the parent's help.)
- P. NOW PULL THE SOCK OVER YOUR HEEL LIKE THIS.
(Help your child pull his sock over his heel.)



- C. (Child pulls his sock over his heel with the parent's help.)
- P. NOW PUSH THE SOCK OVER YOUR TOES AND OFF YOUR FOOT LIKE THIS.
(Help your child push his sock over his toes and off his foot.)



- C. (Pushes his sock over his toes and off his foot with the parent's help.)

NOTE: If your child is having trouble taking off one of his own socks, try using an oversized pair of socks first, then when he can successfully take those off, repeat the lesson having him take off his own socks.

Step c

- P. (Begin with your child's sock on his right foot.)

TAKE OFF YOUR SOCK BY YOURSELF.

- C. (Holds the sock with his thumbs on the inside and his fingers on the outside, pulls the sock down to his ankle, over his heel and pushes it over his toes and off his foot.)

- P. GREAT! YOU TOOK YOUR SOCK OFF BY YOURSELF!
(If the child successfully takes his sock off his right foot without help, repeat Lesson 2 taking his sock off his left foot. The parent will sit on the left side of the child for this lesson.)

If your child is unable to take his sock off, repeat Steps a and b of Lesson 2. Continue to teach Steps a and b until he can take his sock off with your help then teach Step c. When he can take his sock off 3 times in a row without help, go on to Lesson 3.

LESSON 3: PUTTING ON SHOES

Materials: One pair of your child's shoes
 Parent Chart
 Child's Progress Chart
 Pencil (for marking charts)

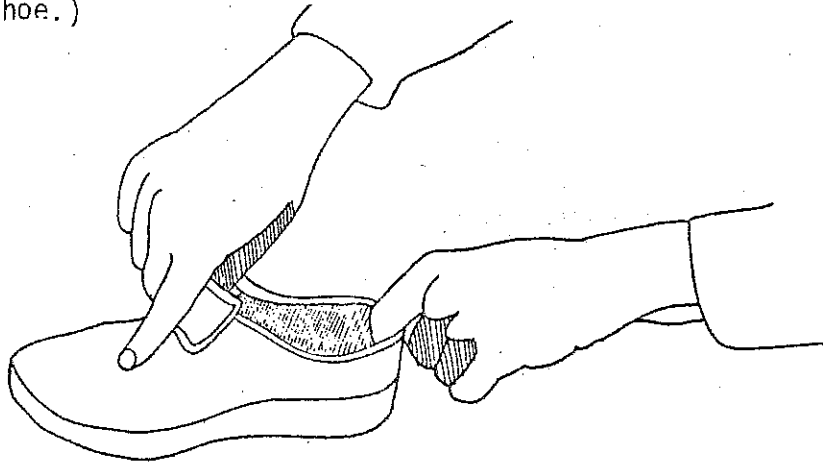
Note: Until your child can put on his shoes on his own, teach Lesson 3 each day. Go through all of the steps in Lesson 3 each time you teach.

Step a

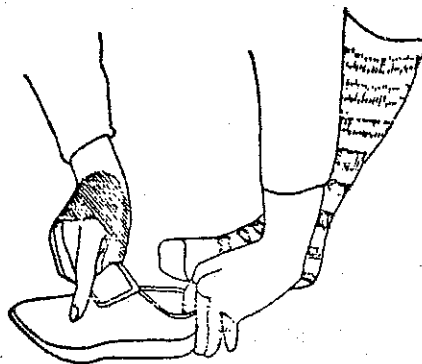
P. (Begin with your child's right shoe beside his right foot. Sit on the right side of your child while teaching him to put on his right shoe.)

I WILL HELP YOU LEARN TO PUT ON YOUR SHOE. LOOK HERE.
 (Point to the shoe.)

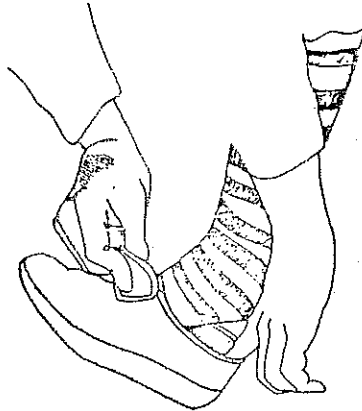
WATCH ME PUT ON YOUR SHOE. I HOLD THE SHOE LIKE THIS.
 (Hold the shoe tongue or top of the shoe up with one hand and hold up the back of the shoe by placing your index finger of your other hand inside the back of the shoe.)



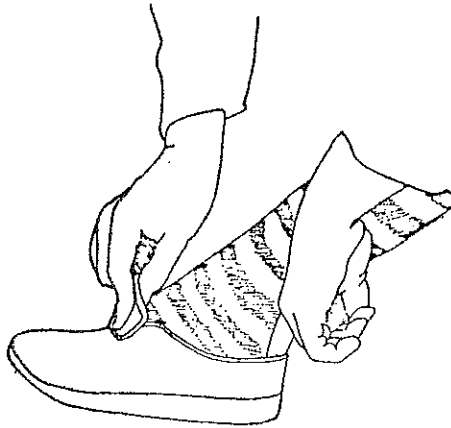
P. FIRST I PUT YOUR SHOE RIGHT IN FRONT OF YOUR FOOT LIKE THIS.



P. THEN I PUT YOUR TOES DOWN INSIDE YOUR SHOE LIKE THIS.



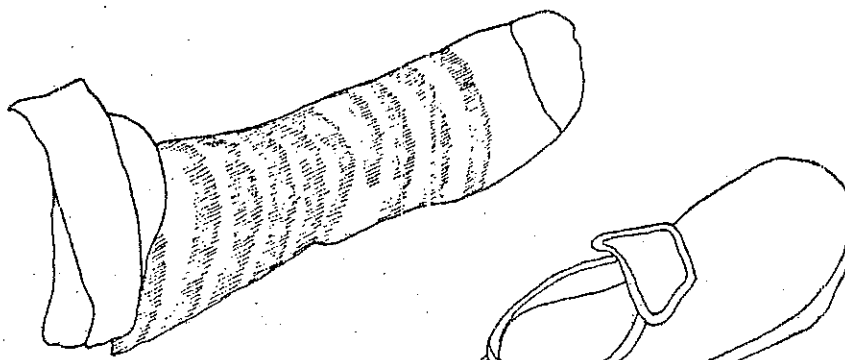
P. THEN I PUSH YOUR HEEL INTO YOUR SHOE BY HOLDING THE TOP OF THE SHOE TIGHT AND PULLING UP ON THE BACK OF THE SHOE LIKE THIS AND YOUR SHOE IS ON.



NOTE: If your child is having trouble putting on one of his own shoes, try using an oversized pair of shoes first. Then when he can successfully put those on, repeat the lesson having him put his own shoes on.

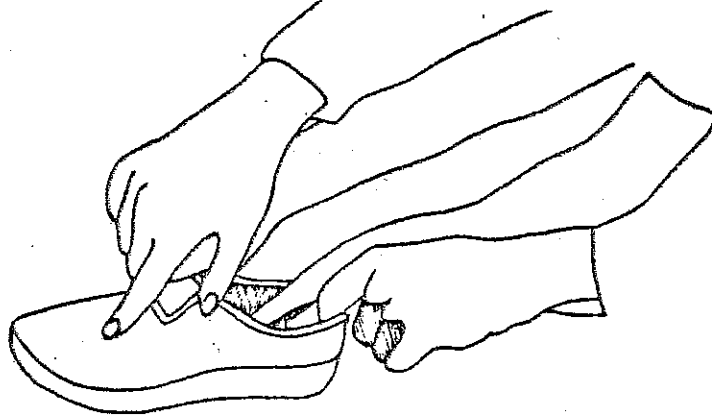
Step b

P. NOW LET'S TRY PUTTING YOUR SHOE ON TOGETHER. I WILL HELP.
(Begin with your child's right shoe beside his right foot. Sit on the right side of your child.)



P. FIRST WE HOLD THE SHOE LIKE THIS.

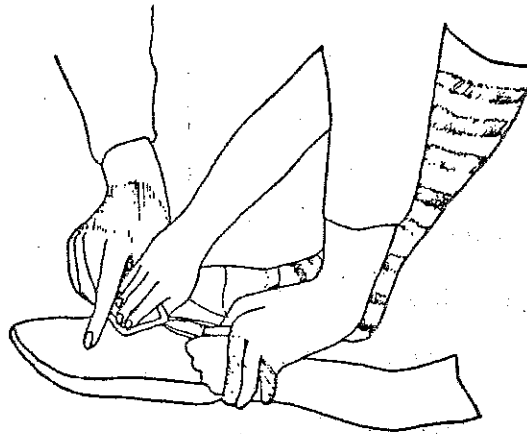
(Help your child hold onto his shoe by placing his thumb inside the shoe and holding the shoe tongue or top of the shoe up with one hand and placing his index finger of the other hand inside the back of the shoe and holding up the back of the shoe with this hand.)



C. (Holds the shoe with the parent's help.)

P. GOOD HOLDING THE SHOE. NOW LET'S PUT YOUR SHOE RIGHT IN FRONT OF YOUR FOOT LIKE THIS.

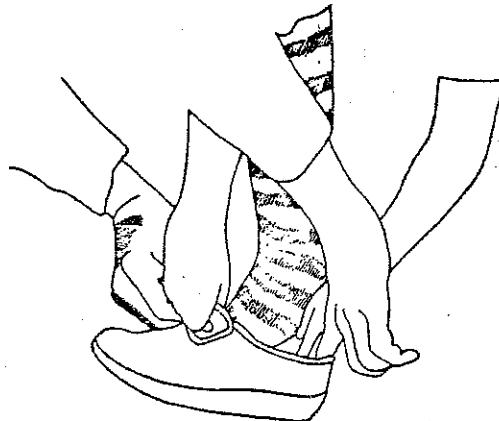
(Help your child put his shoe right in front of his right foot.)



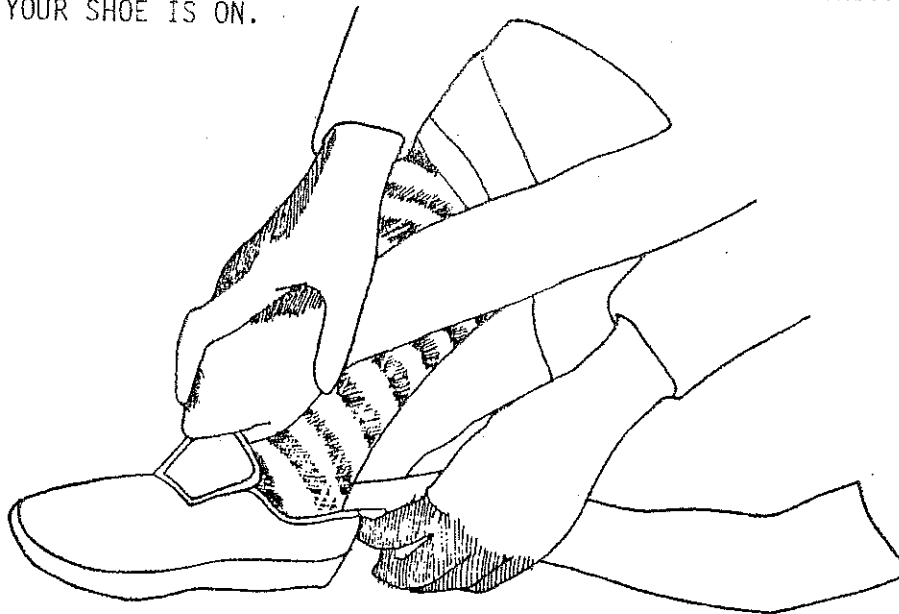
C. (Puts the shoe in front of his right foot with the parent's help.)

P. NOW PUT YOUR TOES DOWN INSIDE THE SHOE LIKE THIS.

(Help your child put his toes down inside the shoe.)



- C. (Puts his toes down inside the shoe with the parent's help.)
- P. NOW PUSH YOUR HEEL INTO YOUR SHOE WHILE HOLDING THE TOP OF THE SHOE TIGHT AND PULLING UP ON THE BACK OF THE SHOE LIKE THIS. NOW YOUR SHOE IS ON.



Step c

- P. (Begin with your child's right shoe beside his right foot.)
PUT YOUR SHOE ON BY YOURSELF.

- C. (Holds the shoe tongue or top of the shoe up with one hand and holds the back of the shoe by placing his index finger of his other hand inside the back of the shoe, puts the shoe in front of his right foot, puts his toes down inside the shoe, then pushes his heel into his shoe.)

- P. GREAT! YOU PUT YOUR SHOE ON BY YOURSELF!
(If the child successfully puts his shoe on his right foot without help, repeat Lesson 3 putting his shoe on his left foot. The parent will sit on the left side of the child for this lesson.)

If your child is unable to put his shoe on, repeat Steps a and b of Lesson 3. Continue to teach Steps a and b until he can put his shoe on with your help, then teach Step c. When he can put his shoe on 3 times in a row without help, go on to Lesson 4.

LESSON 4: REMOVING SHOES

Materials: One pair of your child's shoes
 Parent Chart
 Child's Progress Chart
 Pencil (for marking charts)

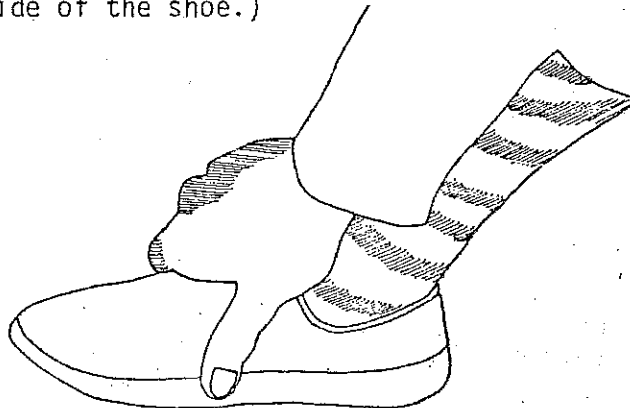
Note: Until your child can remove his shoes on his own, teach Lesson 4 each day. Go through all of the steps in Lesson 4 each time you teach.

Step a

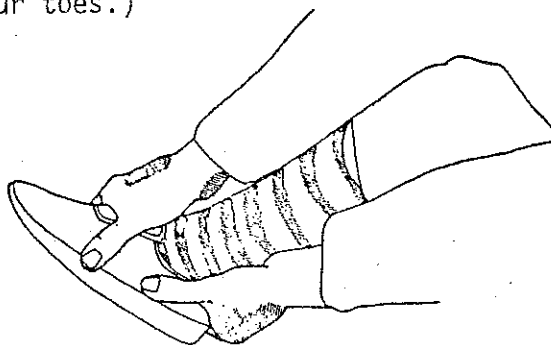
P. (Begin with your child's right shoe on his right foot. Sit on the right side of your child while teaching him to remove his right shoe from his right foot.)

I WILL HELP YOU LEARN TO TAKE OFF YOUR SHOE. LOOK HERE.
 (Point to the shoe on his right foot.)

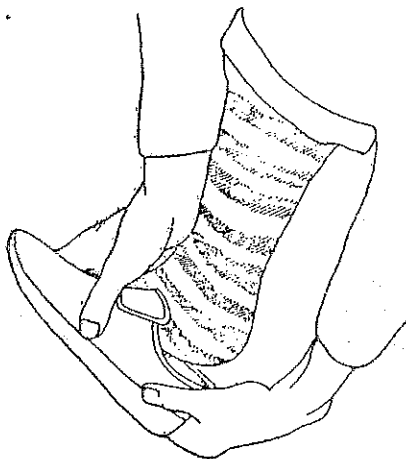
WATCH ME TAKE OFF YOUR SHOE. I HOLD THE SHOE LIKE THIS.
 (Hold the child's right shoe by placing your right hand on top of the shoe with your thumb pointing down over the inside of the shoe and your fingers pointing down over the outside of the shoe.)



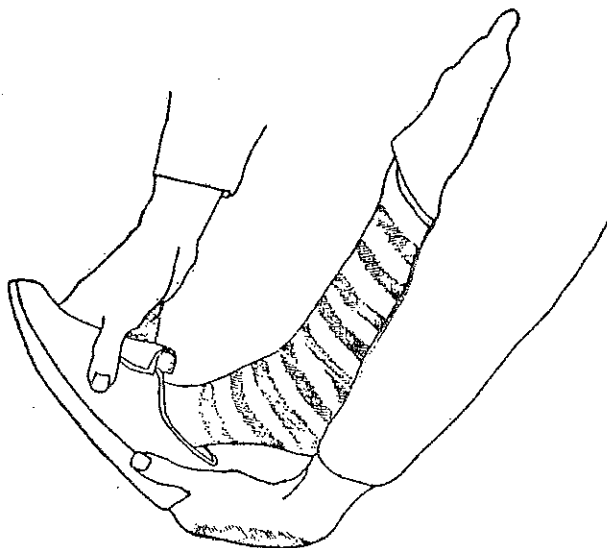
P. (Put your left hand around the back of the shoe with your thumb on the inside of the shoe pointing toward your toes and your fingers on the outside of the shoe also pointing toward your toes.)



- P. I PULL DOWN ON THE BACK OF YOUR SHOE LIKE THIS UNTIL THE SHOE COMES OFF YOUR HEEL.



- P. THEN, WITH BOTH HANDS, I PUSH YOUR SHOE TOWARD YOUR TOES TAKING IT OFF YOUR FOOT LIKE THIS.

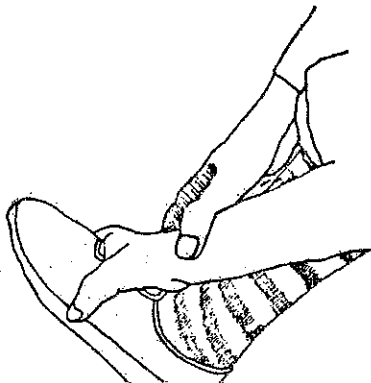


Step b

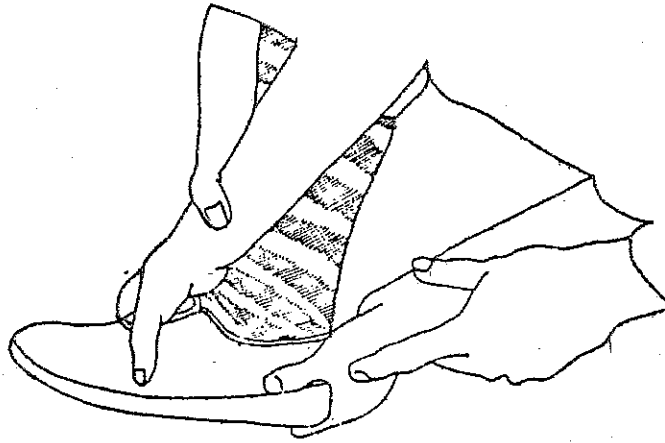
- P. NOW LET'S TRY TAKING OFF YOUR SHOE TOGETHER. I WILL HELP.
(Begin with your child's right shoe on his right foot.)

FIRST, WE HOLD THE SHOE LIKE THIS.

(Help your child hold onto his shoe by placing his right hand on top of his shoe with his thumb pointing down over the inside of the shoe and his fingers pointing down over the outside of his shoe.)

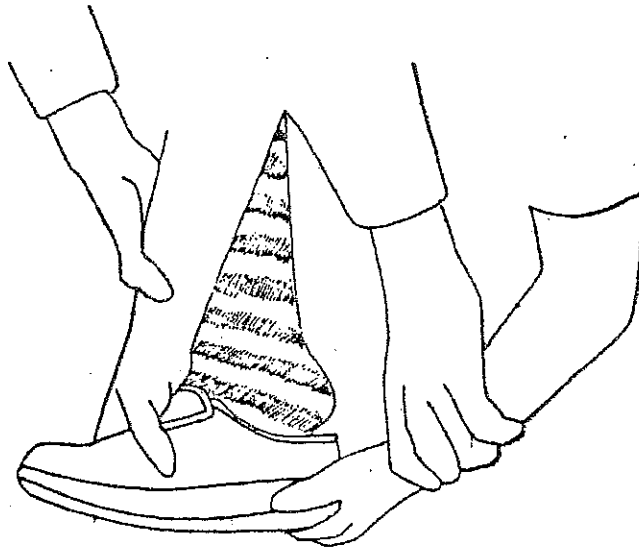


(Then help your child place his left hand around the back of the shoe with his thumb on the inside of the shoe pointing toward the toes and his fingers on the outside of the shoe also pointing toward his toes.)



C. (Holds his shoe with the parent's help.)

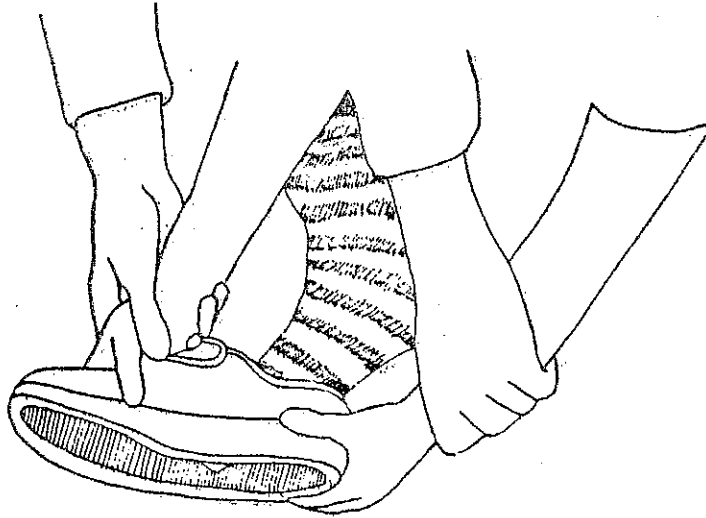
P. GOOD HOLDING YOUR SHOE. NOW, LET'S PULL DOWN ON THE BACK OF YOUR SHOE LIKE THIS, UNTIL THE SHOE COMES OFF YOUR HEEL.
(Help your child pull down on the back of his shoe with his left hand until the shoe comes off his heel.)



C. (Pulls down on the back of his shoe with his left hand until his shoe comes off his heel.)

P. NOW, WITH BOTH HANDS, WE PUSH YOUR SHOE TOWARD YOUR TOES TAKING IT OFF YOUR FOOT LIKE THIS.

(Help your child push his shoe toward his toes until his shoe is off his foot.)



C. (Pushes his shoe toward his toes until his shoe is off his foot with the parent's help.)

NOTE: If your child is having trouble taking off his own shoe, try using an oversized pair of shoes first, then when he can successfully take those off, repeat the lesson having him take off his own shoes.

Step c

P. (Begin with your child's right shoe on his right foot.)

TAKE OFF YOUR SHOE BY YOURSELF.

C. (Holds the shoe by placing his right hand on top of his shoe with his thumb pointing down over the inside of the shoe and his fingers pointing down over the outside of his shoe, pulls down on the back of his shoe until the shoe comes off his heel, then pushes his shoe with both hands, toward his toes until it is completely off his foot.)

P. GREAT! YOU TOOK OFF YOUR SHOE BY YOURSELF.

(If your child successfully takes his shoe off his right foot without help, repeat Lesson 4 taking his shoe off his left foot. The parent will sit on the left side of the child for this lesson and will use opposite hands for holding the shoe.)

NOTE: If your child is unable to take his shoe off, repeat steps a and b of Lesson 4. Continue to teach steps a and b until he can take his shoe off with your help, then teach step c. When he can take his shoe off 3 times in a row without help he has successfully completed this package.

PARENT AS TEACHER

As you have used this package, you have been your child's teacher. You have also been learning that there are basic steps for teaching your child. They are:

- (1) Tell: Tell your child what you want him to do.
- (2) Show: Show your child what you want him to do - have him do it with you.
- (3) Test: Tell your child what you want him to do and have him do it alone.
- (4) Praise: Praise your child for doing well. Soon your child will enjoy learning new things even if you are not there to praise him through every step.
- (5) Correct Mistakes: Remember the three steps - Tell, Show and Help. These three steps will allow you to correct any mistakes your child makes.

After completing this package, your child is ready to learn more new things about getting dressed. You can teach many of these new skills by following the above steps: tell, show, test, praise, and correct mistakes. Some of the things you might want to try teaching are suggested below:

- a. Snapping and unsnapping
- b. Putting on pants, removing pants
- c. Combing hair
- d. Putting on and removing shirt