

Here are some of the retailers that offer dedicated sensory-friendly and easy-dressing school uniform ranges.

- **Marks & Spencer (M&S):** Famous for their 'Easy Dressing' range featuring pull-on trousers without zips/buttons, flat seams, and soft-touch fabrics.
- **Asda (George):** Offers an 'Easy On Easy Wear' collection with elasticated waistbands, hook-and-loop fastenings instead of buttons, and soft, tagless labels.
- **Next:** Provides an 'Adapted School Wear' line focusing on extra-soft materials, flat-locked seams, and pull-on styles.
- **Sainsbury's (Tu):** Features an Easy Dressing range with soft fabrics, elastic waists, and sensory-conscious closures.
- **EcoOutfitters:** Specialises in 100% certified organic cotton school uniform items, which are naturally much softer and completely chemical-free for sensitive skin.
- **Matalan:** Features an 'Easy Dressing' and adaptive schoolwear range with sensory-friendly fabrics. The collection includes soft-touch finishes to reduce skin irritation, pull-on trousers to eliminate complex fasteners, and rip-tape closures instead of traditional stiff buttons.

Brynteg Website link for uniform details.

<https://www.bryntegschool.co.uk/parents/uniform>

Link to Vinteg our pre-loved, eco-friendly uniform service.



ALN Team

Uniform Tips and Advice for Pupils with Sensory Needs



Moving from a familiar Year 6 setting to a large secondary school is a significant transition. When a child experiences sensory processing differences, navigating a specific new uniform policy can add considerable pressure to this milestone, making it feel a little overwhelming.

It is completely understandable if you or your child are feeling some concerns and worries about this change. Going from a relaxed or uniform-free primary environment to a formal secondary dress code: complete with collars, ties, and specific requirements is a lot of input to process all at once

Familiarising yourself with Brynteg's specific uniform rules in advance can help you to plan comfort-focused adaptations. This ensures your child remains regulated and comfortable while fully adhering to the school's standards.

How to make transition a little easier

If your child rarely wears a uniform or has never worn a uniform, **do not wait until September.**

- **Make it visible:** Wash it and hanging it up somewhere in their bed room so it become familiar to them and less daunting.
- **The 'Wash First' Trick:** Wash new items 3 or 4 times with fabric softener before wearing them to break down factory stiffness, and creates a familiar smell.
- **Practice Runs:** Starting in July, have them wear the uniform at home for just 15 minutes while watching TV or playing a game.
- **Build Up:** Gradually increase the time each week so their body gets used to the feel of the fabrics in a safe space.

Shirt & Tie Tips

- **Buy 100% Cotton:** Avoid standard polyester shirts where possible. 100% cotton is significantly softer, more breathable, and less likely to irritate sensitive skin.
- **Size Up the Neck:** Purchase shirts half a size or a full size larger. This ensures the top button does not press uncomfortably into the neck and throat when wearing a tie.
- **The Tie Shortcut:** Practice adjusting the tie so your child can slip it over their head and pull it loose without completely undoing the knot each time. This saves time and reduces morning stress.
- **Opt for Velcro Fastenings:** Look for shirts that feature Velcro closures behind mock buttons, making dressing quick. If you are opting for a button shirt, encourage your child to practice doing up and undoing buttons.
- **Practice Button Skills:** If opting for traditional button shirts, encourage your child to practice fastening and unfastening them during the summer to build confidence and muscle memory before the school term begins.

Trousers & Socks

- **Sensory-Friendly Ranges:** Look for 'easy-dressing' or 'easy-on' school trousers. These have elastic waistbands and flat seams (no stiff zippers or metal clips).
- **Inside-Out Socks:** Wear standard black socks inside out so the rough toe seam doesn't rub against their skin.

Jumpers & Cardigans

- **Size Up for Comfort:** Buy one a size larger. This prevents the knitwear from feeling too tight or restrictive over the collared shirt and allows for better freedom of movement.
- **Cut the Tags:** Use a seam ripper to cut out the large, scratchy wash-care labels inside the neckline and side seams to prevent skin irritation.
- **Ops for 100% cotton or high cotton blends:** cotton is significantly softer and less prone to causing itchiness.

Badges and Logos

- **Wear a Soft Base Layer:** Wear a seamless, snug-fitting cotton or bamboo vest or t-shirt underneath the school shirt. This creates a barrier between the skin and the rough stitching of the embroidered badge.
- **Iron-On Backing Over Stitching:** If the inside of the embroidered logo rubs against the chest, iron a small piece of soft iron-on interfacing (available at craft shops) directly over the back of the stitching on the inside of the garment to smooth it out.