

## APPENDIX II

## PLM

## INSTRUCTIONS TO THE STUDENTS

Dear students,

In this booklet I am presenting a new experience to you which I am sure you will find interesting. Here is a programmed text on "Clothing for the pre-school child" in Linear form. This Linear method of programming contains the information in small steps called frames. Each frame presents some information and includes a question that you have to answer. The correct answer to each question is given in the left hand margin. After reading each step you will know whether you have understood the point or not. If not you can go through the frame again. Since each of you have got a copy of this programme, you can learn at your own speed.

Although there are questions and answers, the programme is not a test. Through questions and answers, the material has been organised in logical steps so that it is easy for you to learn by yourself. The following instructions will help you to follow the programme correctly so that you can learn at your own speed.

1. Read frame one carefully.
2. Respond to the question asked thereafter.
3. Keep your answer covered with the card provided for this purpose.
4. Write your answer on the answer sheet provided. Do not write anything on the programme.
5. Remove the card and check your response with the correct answer.
6. If your response is wrong, re-read the frame and follow steps (2), (3), (4) and (5).
7. Proceed to the next frame only if your response is correct.

In case you still find it difficult to follow this programme, request the teacher who is present in the class to explain and guide you. After you have completed the programme, you will be given a test to check how much you have learnt.

Thank you very much for your co-operation.

Satvinder Kaur

## CLOTHING FOR THE PRE-SCHOOL CHILD

Today, we shall begin with "Clothing for the pre school child".

Proper clothing is based upon the growth and development of the child. Therefore, we need to know the growth pattern and activities of the pre-school child. Let us begin with what is meant by the term 'pre-school' child.

1. PRE-SCHOOL years is the period before the child starts going to a formal school, i.e. from two to six years of age.

1. pre-school

In other words, the period between a child second birthday to his sixth birthday is called \_\_\_\_\_ years.

2. We can also say that children from TWO to SIX years of age are considered as pre-school children.

2. two, six

The term 'pre-school' child refers to children from \_\_\_\_\_ to \_\_\_\_\_ years of age.

3. Understanding the GROWTH PATTERN during EARLY childhood, i.e. from two to six years is important in the selection of clothing for the pre-school child.

3. Growth,early

In order to select clothes for the pre-school child, one must know the \_\_\_\_\_ pattern during \_\_\_\_\_ childhood.

4. Let us now come to the growth pattern. The height and weight of each child at birth is different. The growth pattern of child at birth will therefore, depend on his SIZE AT BIRTH and so the body measurements will also vary from child to child.

4.size at birth

The pattern of a child's growth will depend on his \_\_\_\_\_.

5. To know the growth pattern of a child it is necessary to know the HEIGHT and WEIGHT of an average new born body.

5. height,  
weight

The \_\_\_\_\_ and \_\_\_\_\_ of an average new born baby becomes an important factor to understand the growth pattern of the child.

6. It is seen that on an average, a new born baby is about 50 cms. long and weighs about 3 kgs, but girl babies are slightly SMALLER in all dimensions than boys.

6. 50, 3  
smaller

So, the average height of a new born baby is \_\_\_\_\_ cms and his weight is \_\_\_\_\_ kgs. Though girl babies are somewhat \_\_\_\_\_ than the boys.

7. You must have noticed that during the first year the baby grows very fast but after that the rate of growth slows down considerably by the time the child is two years old.

7. first  
two

The most rapid growth of the child is during the f \_\_\_\_\_ years, but slows down to a great extent by \_\_\_\_\_ years of age.

8. At TWO years, the average child has a height ranging from 80 cms to 85 cms and weighs about 10 kgs to 12 kgs.

8. height  
weight  
two

80 cms to 85 cms and 10 kgs to 12 kgs are the average \_\_\_\_\_ and \_\_\_\_\_ of a \_\_\_\_\_ year old child.

80, 85  
10, 12

So, a two year old child will measure \_\_\_\_\_ to \_\_\_\_\_ cms in height and weighs from \_\_\_\_\_ to \_\_\_\_\_ kgs.

9. The height which was 80 to 85 cms at two years increases and ranges between 109 cms to 114 cms by the time the child is SIX years of age.

9. 109, 114

At six years, the approximate height of an average child is \_\_\_\_\_ cms to \_\_\_\_\_ cms.

10. Did you notice the increase in the height ? It was a little more than DOUBLE his height at birth.

10. six

So, you see, by the time the child is six years of age, his height increases a little more than \_\_\_\_\_ times his height at birth.

11. Now what about the weight ? The weight which was 3 kgs. at birth now increases to about 17 kgs to 19 kgs. at six years.

11. 17,19 At six years, the average weight of a child is about \_\_\_\_\_ kgs to \_\_\_\_\_ kgs.

12. Here again, did you notice the increase in the weight? It is about SIX times the weight of a child at birth.

12. six At six years of age the weight of a child is about \_\_\_\_\_ times his weight at birth.

13. The height and weight of a child at SIX years are related to his height and weight at BIRTH.

13. six, birth A child's height and weight at \_\_\_\_\_ years therefore, depends on his height and weight at \_\_\_\_\_.

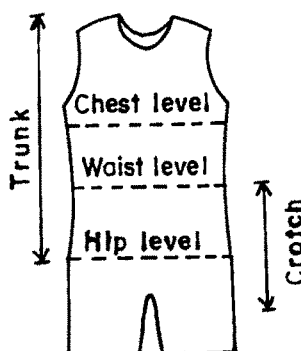
14. As the child grows, the body proportions change with growth.

In infancy, the "chest circumference" is SMALLER than the "head circumference". After two years, the head growth is SLOWER than the chest growth thus making the chest circumference BIGGER than head circumference.

14. larger In infancy, head circumference is \_\_\_\_\_ than the chest circumference or girth, but after two years, the whole pattern changes as the rate of \_\_\_\_\_ growth becomes slower than the \_\_\_\_\_ growth.

head  
chest

15. During infancy, the legs are SHORTER than the trunk length but become LARGER than trunk after two years as the growth rate of the legs is more than the trunk.



15. shorter In other words, the legs which were \_\_\_\_\_ than the trunk during infancy become larger after \_\_\_\_\_ years.

two

16. This clearly shows that the growth pattern changes to a great extent after two years so that the head which was larger than the chest becomes smaller, and the legs which were shorter than the trunk become larger.

16. 2, 6

So, during pre-school years, i.e. from \_\_\_\_\_ years to \_\_\_\_\_ years of age,

slower

(a) head growth is \_\_\_\_\_ than the chest growth.

faster

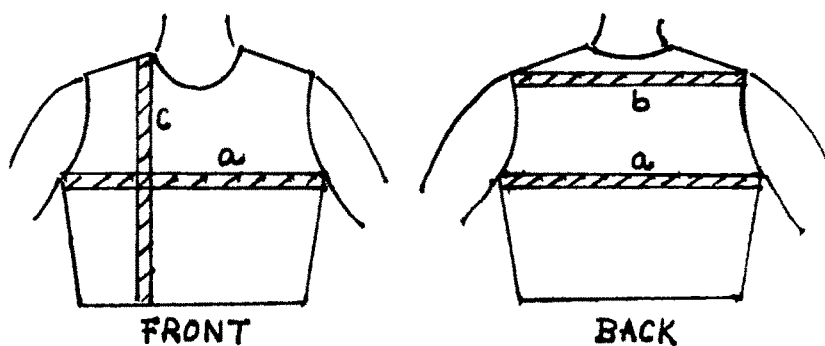
(b) limbs growth is \_\_\_\_\_ than trunk growth.

17. As you have seen, growth is not uniform throughout the body during pre-school years. Some parts grow fast than the others. By the time the child is six years old the growth pattern becomes somewhat like those of an adult.

17. six

At what age do the body proportions of a child become similar to those of an adult ?

18. To be able to stitch garments for the child, we first need to draft a child's basic block for which the measurements required are chest girth, shoulder to shoulder and length from highest shoulder to waist level.



- a. Chest girth
- b. Shoulder to shoulder
- c. Highest shoulder to waist level.

18. chest girth, Study the above frame carefully and answer the following question.

shoulder to  
shoulder,  
highest  
shoulder to  
waist level

Which three measurements are essential to draft a child's basic block ?

19. The essential measurements for drafting a basic block for an average 2 years and 6 years old child are given in the table below.

Measurements	2 years	6 years
1.Chest girth	49 to 52cms	60 to 65cms.
2.Shoulder to shoulder	22 to 24cms	25 to 27cms.
3.Highest shoulder to waist level.	19 to 25cms	25 to 27cms.

Study the above table carefully and fill the following blanks.

19. 49 to 52cm (a) The chest girth of an average two year old child is \_\_\_\_\_ and that of an average six year old child is \_\_\_\_\_.

60 to 65cm  
19 to 25cm (b) The highest shoulder to waist and the shoulder to shoulder measurements for an average two year old child are \_\_\_\_\_  
22 to 24cm and \_\_\_\_\_ respectively.

25 to 27cm (c) The highest shoulder to waist and the shoulder to shoulder measurements for an average six year old child are \_\_\_\_\_.

20. Now, let us check whether you are able to answer the following questions.

20. A child from two to six years. (a) What do you understand by the term "pre-school" child ?

Height 50cm (b) What are the average height and weight of a new born baby ?

weight 3kgs. (c) What is the growth pattern of a child at 6 years in relation to his height and weight at birth ?

Length increases 2 (d) Which part of the body grows most times, weight increases 6 times. rapidly ?

Limbs (e) Is the chest growth slower or faster than the head growth ?

Faster  
THE CHILD FROM TWO TO SIX YEARS OF AGE IS CALLED A PRE-SCHOOL CHILD. DURING THIS PERIOD, HEAD GROWTH IS SLOW, TRUNK GROWTH IS INTERMEDIATE AND LIMB GROWTH IS RAPID.

## SELF TEST

I. Check (✓) the correct answer to the following statements.

1. The term pre-school child refers to children from
  - (a) birth to two years
  - (b) birth to six years
  - (c) two to six years
2. The growth pattern of the child will depend on
  - (a) his size at birth
  - (b) his size at two years
  - (c) his size at six years
3. During pre-school years, head growth is similar to/faster/slower than chest growth.
4. During pre-school years limb growth is similar to/faster/slower than trunk growth.
5. To draft a child's basic block one needs to know the
  - (a) head girth
  - (b) chest girth
  - (c) neck to waist level
  - (d) highest shoulder to waist level
  - (e) shoulder to shoulder

II. Complete the following sentences by filling in the blanks.

1. An average new born baby is about \_\_\_\_\_ cms long and weighs about \_\_\_\_\_ kgs.
2. By six years of age the child increases his height about \_\_\_\_\_ times and his weight about \_\_\_\_\_ times his birth measurements.
3. Girl babies are slightly \_\_\_\_\_ than boys.
4. For intelligent selection of clothing for the pre-school child, one must know the \_\_\_\_\_ pattern during \_\_\_\_\_ childhood.
5. At the age of \_\_\_\_\_ years, the child's body proportions are much like those of an adult.

## ANSWERS TO THE SELF TEST

- I.
  - 1. c
  - 2. a
  - 3. Slower
  - 4. faster
  - 5. b, d, e
  
- II.
  - 1. 50, 3
  - 2. two, six
  - 3. smaller
  - 4. growth, early
  - 5. six



### Importance of suitable clothing

21. So you have understood that growth of pre-school children is not same throughout, and varies with person and age.

Growth is rapid during pre-school years and as a result their garments become small within a very short period.

21. growth,  
rapid,  
outgrow

In other words, children between 2 to 6 years of age OUTGROW their garments very quickly because of the rapid \_\_\_\_\_.

Due to the \_\_\_\_\_ growth, children \_\_\_\_\_ their garments very quickly.

22. You have studied that children grow very rapidly, due to this rapid growth their garments become short and tight and have to be replaced frequently.

22. rapid  
replaced

Since pre-school children have \_\_\_\_\_ growth their garments should be \_\_\_\_\_ as soon as they start becoming tight.

23. Since garments for pre-school children have to be replaced very frequently. They should have just enough garments to serve all occasions and purposes.

23. just enough,  
occasions,  
purposes.

Garments in a pre-school child's wardrobe should be \_\_\_\_\_ for all \_\_\_\_\_ and \_\_\_\_\_.

24. If garments are TIGHT, the child will not be comfortable and his activities will be restricted.

24. restrict  
tight

The tightness of the garment will \_\_\_\_\_ the child's activity. So the child will not feel comfortable in clothing that is too \_\_\_\_\_.

25. Pre-school age is a period of active play during which the child likes to run, jump, climb, push, pull and carry with skill and ease. Therefore, clothing for the child should not be tight to enable him/her to perform his/her activities without difficulty.

25. to enable  
the child to  
perform his

Study the above frame carefully and answer the following question.

- activities without difficulty      Why should the clothing for the pre-school child not be tight ?
26. Now, let us revise what we have already learnt by answering the following questions.
- Complete the following statements :
- 26.-of rapid growth.      (a)Pre-school children outgrow their garments very soon because\_\_\_\_\_.
- serve all occasions & purposes.      (b) Pre-school children should have just enough garments to \_\_\_\_\_.
- they start becoming tight.      (c) garments should be replaced as soon as \_\_\_\_\_.
- restrict the child's activity.      (d) Tightness of the garment will \_\_\_\_\_.
27. allowance for growth      27. It is important that clothing for the pre-school child should not be TIGHT. Since the child grows rapidly his clothes become small before they are worn out. Therefore, the designs of pre-school child's clothes should be such that garments can be made bigger as the child grows by providing adequate 'allowance for growth'.
28. quantity, quality      The designs for pre-school child's garments should provide \_\_\_\_\_.
28. You have studied earlier that children should have just enough garments that will serve all occasions and purposes. The occasions and purposes vary with family background. Therefore, the number and type of clothing required, i.e. the "quantity" and "quality" depend on the SOCIAL STATUS of the parents.
29. Occasion season      The social status of the parents will influence the \_\_\_\_\_ and \_\_\_\_\_ of a child's wardrobe.
29. Clothes of the pre-school child should be suitable for the occasion and the season of the year.
30. Children should be dressed in clothes to suit the \_\_\_\_\_ and the \_\_\_\_\_.  
30. Clothes for the pre-school child should also suit the ACTIVITIES of the child. Children who are more active will need more

play clothes than children who are less active. These play clothes should be strong and sturdy to withstand rough use.

30. activities  
strong  
sturdy

The type of the garments in a pre-school child's wardrobe should also suit the \_\_\_\_\_ of the child and should be \_\_\_\_\_ and \_\_\_\_\_ to withstand rough use.

31. So now you know that children should be dressed in clothes that are suitable for the occasion and season. They should also be suitable for the activities of the child so that they can withstand rough use.

Do you know what will happen if the child is dressed in expensive clothes and is asked not to spoil them ?

He may become unsociable and may not play with other children in the fear of spoiling his dress, or he may become careless, and may not care for the clothes and enjoys himself regardless of whether the dress gets dirty or torn.

31. unsociable  
careless

The child who sits aside becomes \_\_\_\_\_ and the child who does not mind to spoil his clothes becomes \_\_\_\_\_.

32. Children like their clothes to be comfortable and similar to those of their playmates so that they feel a sense of belonging to the group. AT the same time, they like their clothes to be beautiful enough to be admired by others.

32.comfortable,  
similar  
to playmates,  
and also  
beautiful  
enough to be  
admired.

Study the above frame and complete the following statement.

Children like their clothes to be \_\_\_\_\_.

33. If their clothes are noticeably DIFFERENT from those of their playmates they may not be accepted by the group and so may become unsociable.

33. unsociable

Children may become \_\_\_\_\_ if their clothes are noticeably different from those of their playmates.

34. Suitable clothing for the pre-school child should also provide 'self-help' features that will help the child to become INDEPENDENT in dressing and undressing.

34. self-help      Clothing with \_\_\_\_\_ features will help the child to become independent.

35. When the child is able to dress and undress himself/herself and does not need the help of others, he/she feels CONFIDENT in doing his/her work.

35. confident      Self-help features therefore, make the child \_\_\_\_\_.

36. To sum up, suitable clothing for the pre-school child is important because it helps in overall development of the child. It helps him to be SOCIAL, INDEPENDENT and SELF-CONFIDENT, and provides PROTECTION from the ENVIRONMENT.

36. social  
independent  
self-  
confident  
protection      Study the above frame carefully and complete the following statement.  
  
Suitable clothing is important for a pre-school child because it helps him/her to be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, and provides \_\_\_\_\_ from environment.

37. Having studied the importance of suitable clothing, let us now check whether you remember the important points. Answer the following questions in a few words.

37.-because of      (a) Why do children outgrow their garments  
rapid growth.      so quickly ?  
-clothes  
which can      (b) What sort of clothes should be included  
withstand      in a child's wardrobe ?  
rough use.  
-broad hems      (c) In what ways can we provide allowance  
& wide seam      for growth ?  
allowances.  
-by      (d) How can clothing help in making the  
providing      child independent and confident ?  
self-help  
features

SUITABLE CLOTHES FOR THE PRE-SCHOOL CHILD SHOULD BE RIGHT FOR THE OCCASION, SEASON AND ACTIVITY OF THE CHILD, AND SHOULD WITHSTAND ROUGH USE, HAVE SELF-HELP FEATURES AND ADEQUATE ALLOWANCE FOR GROWTH.

## SELF TEST

## I. Complete the following statements by filling the blanks.

1. The tightness of a garment will \_\_\_\_\_ the child's activities.
2. The designs for a pre-school child's garments should provide adequate allowance for \_\_\_\_\_.
3. The quality and quantity of a child's wardrobe will depend upon the \_\_\_\_\_ of his parents.
4. Children should be dressed in clothes that will withstand \_\_\_\_\_ use.
5. Children feel a sense of belonging to the group if their clothes are \_\_\_\_\_ to those of their playmates.
6. Clothing with \_\_\_\_\_ features will help the child to become independent.
7. Independence in dressing and undressing builds up \_\_\_\_\_ in the child.
8. Children should be dressed in clothes that are suitable for the \_\_\_\_\_ and the \_\_\_\_\_.

## II. Give reason for the following statements.

1. Children outgrow their garments very quickly.
2. Garments should be replaced as soon as they start becoming tight.
3. Children's clothes should be similar to those of their playmates.
4. Clothes for the pre-school child should be strong and sturdy.
5. Clothes for the pre-school child should provide self-help features.

## Answers to self-test

- I.
  - 1. restrict
  - 2. growth
  - 3. social status
  - 4. rough
  - 5. similar
  - 6. self-help
  - 7. confidence
  - 8. occasion, season
  
- II.
  - 1. Because of rapid growth
  - 2. Because the tightness will restrict the child's activity.
  - 3. So that they feel a sense of belonging to the group.
  - 4. To withstand rough use
  - 5. To make the child independent and confident.

### Functions of clothing

Having studied the importance of suitable clothing, let us now come to the functions of clothing.

38. Clothes are worn to cover the body for the sake of MODESTY and PROTECTION of the body from changes in the climate. Clothes keep the body warm in winter and cool in summer. They provide protection against sunburns on hot days and dampness on rainy days.

38. for modesty  
and for  
protection

Study the above frame carefully and write down two main reasons for wearing clothing in just a few words.

39. Besides modesty and protection, clothes have to be WELL-FITTED and not tight to make the wearer COMFORTABLE and appear CHEERFUL.

If the dress is too tight around the waist, the child will feel uncomfortable.

If the neckline is too tight, the child may feel choked.

If the crotch is tight the child will be uneasy while sitting, bending or reaching.

39. tight

In other words, a child can never feel comfortable in clothing that is too \_\_\_\_\_.

40. You have already studied earlier that pre-school children are always engaged in active play. For this reason they tend to get numerous skin bruises from scratchy bushes and hard side walks while playing out of doors. Therefore, their clothes have to be designed in such a way to give them protection from such injuries.

Complete the following statement.

40. protection  
from  
injuries

Pre-school children need clothes that will give them \_\_\_\_\_.

41. Clothes designed to give such protection are "coveralls", "overalls" and "long-sleeved jackets". These garments will cover the body properly and will provide protection while playing.

41. protect      Coveralls, overalls and long sleeved jackets are designed to \_\_\_\_\_ the child from bruises while playing.

42.      You have studied that garments should be well-fitted and should provide protection from the environment. Clothes should be designed for SAFETY also. If legs of trousers or sleeves are too long, or pockets are too large, they have every chance of being caught in the wheels of wagons or tricycles. They may get stepped on while climbing or may get caught on other protruding objects and may cause the child to fall or be thrown. Clothes should, therefore, be safe to prevent ACCIDENTS.

42. safety accidents      For the \_\_\_\_\_ of the child his clothes should be free of devices that may get caught on protruding objects and cause \_\_\_\_\_.

43.      You may have seen that children's garments sometimes have draw-strings at the neck and very often long strings on hoods or caps. Such things are dangerous. They may get caught on some objects while the child is climbing and playing causing the child to be hanged.

43. draw-strings      \_\_\_\_\_ are dangerous and should be avoided in children's garments.

44.      Now you know that garments for children should be well-fitted, should provide protection from environment, and should be safe. In addition, garments should also be COMFORTABLE so that the child can perform his activities in a proper way.

44. comfort      Along with good-fit, protection and safety, garments for the pre-school child should also provide \_\_\_\_\_.

45.      Most of the activities of the pre-school child involve the movement of limbs - both arms and legs. Shoulders of garments should have a loose fitting, Sleeves should be loose both at the armhole and the lower edge and constructed in such a way that they will help in free movement of the arms for stretching and lifting.

Complete the following statement.



45. loose fitting \_\_\_\_\_ shoulders are essential for free movement of the arms.

46. Activities of the child require free movement of the legs also. Lower garments should be loose at the hips and crotch, and constructed in such a way that activities involving standing bending, and sitting could be performed comfortably.

Complete the following statement.

46. hips crotch To allow free movement of the legs, the lower garment should be loose at the \_\_\_\_\_ and \_\_\_\_\_.

47. Just as tight shoulders and crotch cause discomfort to the child, similarly, tight bands at the waist cause a lot of discomfort to the wearer.

47. tight bands Therefore, to avoid discomfort to the pre-school child, their garments should not have any \_\_\_\_\_.

48. To avoid tight bands at the waist, elastic in panties should be just firm enough to hold the garment and should not constrict the body. Most garments for pre-school children should hang from the shoulders to avoid tight bands at the waist.

48. by providing garments which hang from the shoulders. Study the above frame carefully and answer the following question.  
How can tight bands at the waist be avoided ?

49. So you have learnt that most garments for pre-school children should hang from the shoulders for comfort. But if the garments are heavy, will they be comfortable ?

No, Heavy garments will tire the child and restrict his/her activities, and may also cause drooping shoulders.

49. light tire Garments for pre-school children should be \_\_\_\_\_ in weight. Heavy garments tend to \_\_\_\_\_ the child.

50. As children are constantly involved in some sort of activity or the other, they perspire very easily. Therefore, their clothes should be of absorbent material so that their skin remains DRY. The material

should also allow AIR to circulate freely for maintenance of good health.

50. absorbant  
dry

Garments for pre-school children should be made of materials that are \_\_\_\_\_ and will keep the skin \_\_\_\_\_ and maintain good health.

51. Cotton is considered to be the most suitable fabric for children's clothing. Light weight cotton fabrics like cambric, rubia, poplin, etc., are suitable for frocks and shirts. Medium weight cotton fabrics like poplin, cotton satin, soft denim are suitable for shorts and trousers.

51. because  
it is  
absorbent  
& easy to  
launder.

Cotton fabrics are ABSORBENT and comparatively EASY TO LAUNDER and so, are hygienic.

Study the above frame carefully and answer the following question.

Why is cotton the most suitable fabric for children's garments ?

52. Now, let us revise and see how much you remember.

Complete the following statements by filling up the blanks.

52.-modesty  
protection

(a) Clothes are worn for \_\_\_\_\_ and \_\_\_\_\_.

-safety

(b) For the \_\_\_\_\_ of child, his clothes should be free from devices that may cause accidents.

-tight

(c) A child can never feel comfortable in clothing that is too \_\_\_\_\_.

-shoulders

(d) For comfortable movement of the arms, the garment should have a loose fitting at the \_\_\_\_\_.

-hips  
crotch

(e) For comfort while sitting, standing and bending the garment should be loose at the \_\_\_\_\_ and \_\_\_\_\_.

-shoulders

(f) To avoid tight bands at the waist, most garments should hang from the \_\_\_\_\_.

-light

(g) Garments for pre-school child should be \_\_\_\_\_ in weight.

-absorbent

(h) Suitable fabrics for pre-school children should be \_\_\_\_\_ to keep their skin dry.

BESIDES MODESTY AND PROTECTION CLOTHING FOR THE PRE-SCHOOL CHILD SHOULD PROVIDE SAFETY, FREE MOVEMENT OF THE LIMBS, ABSORPTION OF BODY PERSPIRATION AND COMFORT.

## SELF TEST

## I. Complete the following statements by filling the blanks.

1. For an attractive appearance, clothes should be \_\_\_\_\_ and comfortable.
2. Besides modesty and protection clothes for the pre-school child should also provide \_\_\_\_\_.
3. Children's garments should be free of devices that may cause \_\_\_\_\_.
4. Draw strings are \_\_\_\_\_ and should be \_\_\_\_\_.
5. To allow free movement of the legs, the lower garment should be loose at the \_\_\_\_\_ and \_\_\_\_\_.
6. Heavy garments tend to \_\_\_\_\_ the child.
7. Materials for children's garments should be \_\_\_\_\_ and easy to \_\_\_\_\_.

## II. Give reasons for the following statements :

1. Clothes for the pre-school child should have a proper fit.
2. Draw-strings should be avoided in children's garments.
3. Most garments for the pre-school child should hang from the shoulders.
4. Garments for pre-school children should have a loose fitting at the shoulders, hips and crotch.
5. Cotton is the most suitable fabric for children's garments.

## ANSWERS TO SELF TEST

- I.
  - 1. well-fitted
  - 2. safety
  - 3. accidents
  - 4. dangerous, avoided
  - 5. hips, crotch
  - 6. tire
  - 7. absorbent laundry
  
- II.
  - 1. To make the wearer comfortable and to avoid accidents.
  - 2. To avoid the child from getting hanged while playing.
  - 3. To avoid tight bands at the waist
  - 4. To allow free movement of the arms and legs.
  - 5. Because it is absorbent and easy to laundry.

## Selection of clothing for the pre-school child

So, now you know that clothing for the pre-school child should provide SAFETY, COMFORT and GOOD HEALTH. You also know that since cotton is absorbent and easy to launder it is considered to be the most suitable fabric for the pre-school child. Let us now come to the selection of clothing for the pre-school child with regard to suitable fabric, allowance for growth, self-help features, workmanship and ease of care.

53. For a pre-school child, bright colours are desirable for outer garments. When the child is playing with other children in the playground or in the yard or while walking on the street, it becomes easier to spot the child from a distance because of bright outer garments.

53. spot distance      Bright colours make it easier to \_\_\_\_\_ the child from a \_\_\_\_\_.

54. Since the pre-school child is mostly engaged in active play, garments in pastel colours get dirty very soon. Therefore choice of colour should be made according to suitability.

54. suitable pastel      Therefore, garments for pre-school children should be of \_\_\_\_\_ colours as \_\_\_\_\_ colours get dirty very soon.

55. In places of heavy rainfall, water repellent or waterproof outer garments, e.g. raincoats may be necessary. A small child perspires very easily so the waterproof garments should also allow air to pass either by providing small holes under the arms or at some other suitable place for free circulation of air so that the child's skin can be kept dry.

55. circulation of air      While selecting waterproof outer garments we should see that it provides for free \_\_\_\_\_.

56. When we are to select fabrics, we should see that the colour, design and texture of the fabric should be suitable for the child. They should be in pastel shades or bright colours and may have a small all over print. Very dark and dull colours do not look good

on small children. Fabrics should be soft but sturdy to withstand rough use and should also be easy to care for.

56.-be of  
pastel  
shades or  
bright in  
colour.  
-have small  
allover  
print.  
-be soft  
but sturdy.  
-be easy to  
care.

Fabrics for children's garments should

(a)

(b)

(c)

(d)

57. Bright coloured fabric with a small allover print look good on a pre-school child. Large prints do not look in proportion to a child's body.

57. large  
prints

\_\_\_\_\_ do not look in  
proportion to a child's body.

58. A good quality fabric with a firm close weave, made of firmly twisted yarns is preferable for most outer garments. A firmly woven fabric provides the protection necessary for a pre-school child. Such fabrics do not wrinkle or soil easily.

58. close  
firmly  
wrinkle  
soil

Fabrics for outer garments should have a  
\_\_\_\_\_ weave made of \_\_\_\_\_ twisted  
yarns. They do not \_\_\_\_\_ or  
\_\_\_\_\_ easily.

59. You have learnt that fabrics for outer garments should have a firm close weave, but clothes worn next to the body, especially under garments should be of loosely woven or knitted fabric. Such fabrics provide for proper ventilation and to absorb moisture so that the child's skin remains dry.

59.to absorb  
moisture &  
to provide  
proper  
ventilation

Why should the under garments for children be made of loosely woven or knitted fabrics ?

60. Loosely woven or knitted fabrics for undergarments will also provide the softness that is very essential for garments worn next to the child's tender skin.

60. softness

Besides absorption and ventilation, loosely woven or knitted fabrics also provide \_\_\_\_\_.

61. Since children's garments need frequent washings, the fabrics should be easy to care for.
61. easy                                           care fabrics are the right choice for children's garments.
62. Cotton fabrics which are not pre-shrunk generally have a tendency to shrink in the first wash. So cotton fabrics which are not pre-shrunk have to be shrunk before making a garment.
62. they may shrink in the first wash & may become unwearable.              Garments made from fabrics which are not-shrunk may shrink considerably in the first wash and thus become unwearable.
- Why do we need to pre-shrink cotton fabrics ?
63. In the other words, pre-shrinking a cotton fabric will help to maintain the size and shape of the stitched garment.
63. shape size              Garments made from cotton fabrics which are not pre-shrunk may change its                      and                      after washing.
64. Since children's garments have to be washed very frequently, even the best fabrics at times fade before the garment has outlived its usefulness. So care should be taken to choose fabrics which are colourfast so that they do not fade away easily.
64. colour-fast              Fabrics for children's garments should be                      as they need to be washed frequently.
65. Ironing is another problem faced by mothers associated with children's clothing.
65. ironing                      Therefore, fabrics for children's garments should be such that they require no                     .
66. You have studied that cotton is the most suitable fabric for pre-school children's clothing. But it creases badly and needs ironing. If cotton is treated with special finishes to provide crease resistance, water repellency and non-inflamability, its desirability is increased to a much greater extent.



66. special finishes Cotton fabrics treated with \_\_\_\_\_ are most desirable for pre-school child's clothing.

67. Blend fabrics having sufficient percentage of cotton fibres to make the fabric absorbent are also suitable for the pre-school child's clothing.

Blends of polyester and cotton will be easy to wash and will not require much ironing.

67. easy absorbent Blends of polyester and cotton are \_\_\_\_\_ to care for. They are suitable for children's clothing if the percentage of cotton fibre is sufficient to make them \_\_\_\_\_.

68. Suitable blends that are available in the market now are those fabrics which contain 50% polyester and 50% cotton or 67% polyester and 33% cotton.

68. 50% cotton & 50% polyester or 33% cotton and 67% polyester. Suitable proportion of cotton and polyester in a blend for children's clothing should be \_\_\_\_\_.

69. Good design in children's garments is based on the principles of design but it does not mean that the garment design has to be elaborate. Rather it should stress simplicity and comfort.

69. simple comfortable So garments for pre-school children should be \_\_\_\_\_ and \_\_\_\_\_.

70. Now, let us revise by filling in the blanks in the following statements.

70. -bright (a) Fabrics for pre-school children should be of \_\_\_\_\_ colours.  
 -firmly/ (b) Fabrics for outer-garments should be \_\_\_\_\_ woven.  
 closely (c) Fabrics for under-garments should be loosely \_\_\_\_\_ or \_\_\_\_\_.  
 -woven (d) Suitable blends for children's garments should contain \_\_\_\_\_ of cotton.  
 knitted (e) Designs for children's garments should be \_\_\_\_\_ and \_\_\_\_\_.  
 -50% or 33%  
 -simple comfortable  
 able.

CLOTHES FOR THE PRE-SCHOOL CHILD SHOULD BE MADE OF SOFT AND STURDY MATERIALS OF BRIGHT COLOURS OR SMALL ALL OVER PRINT. GARMENT DESIGNS SHOULD BE SIMPLE AND COMFORTABLE.

### Allowance for growth

71. As you know that growth is rapid during pre-school years and children outgrow their garments very quickly, therefore, clothes for this age group should be such that they can be worn for a longer period of time with good fit and appearance.

71. longer  
good-fit  
appearance      Pre-school children require clothes that can be worn for a \_\_\_\_\_ period of time without losing \_\_\_\_\_ and \_\_\_\_\_.

72. Since children grow fast, they require garments that can be worn for a longer period or time but the garments should not be too large thinking that the child will grow rapidly and fit into them. However, garments should have provision such as allowances for opening on sides as well as other places.

Study the above frame and answer the following question in just one word.

72. no      In order to use children's garments for a longer period of time, should we have larger garments for the child ?

73. The garments should not be too large because

(a) Firstly, too large a garment will look strange on the child.

(b) Secondly, the garment will start looking old and faded when it becomes the right size.

(c) Thirdly, too large a garment makes the child clumsy and uncomfortable.

(d) Fourthly, playmates may laugh at the child if the garment is too large.

73. strange  
clumsy  
uncomfortable  
laugh  
old      Too large garments look \_\_\_\_\_ on the child.  
Too large garments will make the child \_\_\_\_\_ and \_\_\_\_\_.  
Too large garments may cause playmates to \_\_\_\_\_ at the child.  
Too large a garment will start looking \_\_\_\_\_ before it becomes the right size.

74. Too large garments are psychologically bad for the child and gives him an inferiority complex.

74. because  
they give  
the child an  
inferiority  
complex.      Why are too large garments psychologically bad for the child ?

75. You have learnt earlier that garments for pre-school children should be such that they can be worn for a longer period of time. At the same time you have also learnt that too large garments are for many reasons bad for the child. So, how can the garments be worn for a longer period when the child grows so rapidly ?

The answer to this question is that careful selection of garments which have growth features will insure longer wear.

75. growth features      Designs selected for the garments of pre-school children should have \_\_\_\_\_ so that they can be worn for a longer period of time.

76. Growth features are those features in a garment which, by opening a few seams, or by shifting buttons, or by adjusting straps can make the dress bigger in size.

76.-opening      Growth features such as  
few seams      (a)  
-shifting      (b)  
buttons      (c)  
-adjusting      can help to make the dress bigger in size.  
straps

77. In case of shirts, dresses and trousers broad hems or tucks at the bottom, will help to make the dress longer when required by opening them out.

77. broad hems      Which growth features would you add in a  
or tucks      dress, shirt or trouser to make it longer  
at the      when required ?  
bottom

78. To lengthen the upper part of a dress or trouser, tucks at the waist can be of great help.

78. tucks at      To lengthen the upper part of a garment,  
the waist      which feature would you add ?

79. Dresses like jumpers, sundresses and overalls having adjustable shoulder straps can be lengthened by long straps and shifting buttons when required.

79. shifting      Extra long straps in jumpers, sundresses and  
buttons      overalls are helpful in increasing the length  
of the garment by \_\_\_\_\_.

80. In case when skirts and trousers are buttoned on to waist, buttons can be lowered when required.
80. by lowering the buttons      How would you lengthen a garment in which a skirt or trouser is buttoned on to the waist?
81. Dresses with indefinite or no waistlines and wide hems are easier to lengthen by just opening out the hem.
81. opened      Wide hems on dresses can be \_\_\_\_\_ to make the dress longer.
82. Extra-long shirts and blouses which are to be tucked in can be worn for a longer time without alterations.
82. longer      Shirts and blouses which have to be tucked in can be worn for a longer period if they are a little \_\_\_\_\_ than required.
83. wide hems, tucks, shifting buttons, adjusting straps.      83. You have learnt the different ways of adding growth features to provide for length. Can you recall and write them down ?
- 84.-raglan or kimono sleeves -tucks, pleats or gathers at shoulder line -adequate underarm or leg seam      84. The body not only grows in length but also in girth or width.
- To provide for growth in girth or width, the following features will help.
- (a) Raglan or kimono sleeves.  
(b) Tucks, pleats or gathers at the shoulder line.  
(c) adequate underarm or leg seam.
- State the three ways to provide for growth in width.
85. Raglan or Kimono sleeves provide looseness and therefore, do not become tight very soon.
85. raglan kimono      So, garments which need to be worn for longer period of time should have \_\_\_\_\_ or \_\_\_\_\_ sleeves.
86. You have studied earlier that children's garments should have a loose fitting at the shoulders to allow for free movement of the arms. So, it is essential to provide for growth at the shoulders by the use of tucks, pleats or gathers at the shoulders, which can be let out when needed.

86. by use of  
tucks, pleats,  
or gathers at  
the shoulders

In what ways can you provide for width at the shoulders ?

87. Another way to provide for width in a garment is to have adequate underarm and leg seams which can be let out when needed.

87. underarm  
leg

Children's garments should have adequate \_\_\_\_\_ and \_\_\_\_\_ seams, to provide width in a garment.

88. Having studied the different ways to provide for width in a garment, can you recall and state the three of them ?

88.-raglan or  
kimono sleeves  
-pleats, tucks  
or gathers at  
the shoulders.  
-adequate  
underarm or  
leg seams.

GARMENT WITH GROWTH FEATURES CAN BE WORN FOR A LONGER PERIOD OF TIME AS THEY CAN BE MADE BIGGER WHEN REQUIRED BY OPENING FEW SEAMS, BY SHIFTING BUTTONS OR BY ADJUSTING THE STRAPS.

#### Self - help features

89. You have come across in the importance of suitable clothing that self-help features help to make the child independent and confident.

89.self-help

So children's garments should have \_\_\_\_\_ features.

90. A self-help garment is one which a child can put on and take-off with little or no help i.e. the child can help himself/himself.

90. help  
self-help

A garment which a child can put-on and take-off with little or no \_\_\_\_\_ is called a \_\_\_\_\_ garment.

91. Putting on and taking off a garment by himself/herself or with little or no help is of great importance to the child. The experience of learning how to dress himself makes the child more independent and self confident and helps him to develop judgement.

91. independent Self-help garments are important for the  
self-confident, child because they help him to become  
judgement \_\_\_\_\_ and \_\_\_\_\_ and also to develop  
\_\_\_\_\_.

92. Garments which are simple in design are  
easier to put on by children.

92. simple So, in order to encourage the child to dress  
himself, the self-help garment should also be  
\_\_\_\_\_ in design.

93. Self-help garments should have front  
openings long enough so that the child can  
put on and take off the garments easily.  
Back opening or shoulder placket is difficult  
for the child to use.

93. long In order to encourage self-help, front  
opening in garments should be \_\_\_\_\_  
enough.

94. If a garment of a child has the opening  
an a different place, the child may feel  
confused.

94. same So, in order to make dressing easier for the  
child opening should always be in the  
\_\_\_\_\_ place.

95. Closing or opening is difficult for the  
child especially if the buttons are small.  
Large buttons are easier for their small  
hands.

95. large Openings in children's garment should  
have \_\_\_\_\_ buttons for easy handling.

96. To encourage the child to dress  
himself/herself, the garments should not be  
tight. Loose armholes, sleeves and necklines  
make it easier for the child to put on and  
take off a garment .

96. loose Self-help garments should have \_\_\_\_\_  
armhole, sleeves and necklines.

97. Children find it easier to put on one  
piece garments. They feel confused if there  
are more than one pieces.

97. one It is better to have \_\_\_\_\_ piece garments  
for self-help as they are easier for the  
child to put on and take off.

98. In order to help the child dress himself, the front of the garment should be easy to distinguish from the back by decorating the front with some design, colour or trimmings.

98.distinguish Children can put on a garment correctly if the front is easy to \_\_\_\_\_ from the back.

99. Children often find it difficult to adjust collars and are unable to put them right. Therefore, collarless blouses, dresses and shirts are easier for them to put on.

Choose the correct word from the following statement.

99. without Garments for self-help are better with/without collars.

100. Children's garments should not have separate belts. Such belts may get caught in dressing and so confuse the child.

Choose the correct word in the following statement.

100. without Garments for self-help should be with/without separate belts.

101. Now check how much you have understood, tick mark ( ) the correct statement.

101. correct  
a,b,e.

(a) Children's garments for self-help should be simple in design.  
(b) Garments for self-help should have a front opening.  
(c) Dresses with collars are easier for the child to put on.  
(d) Front opening with small buttons are easier for the child to put on.  
(e) The front of the garment should be easy to distinguish from the back.  
(f) Close fitting armholes are easier for the child to get into.

SELF-HELP GARMENTS SHOULD BE SIMPLE, LOOSE FITTING, HAVING FRONT OPENING WITH LARGE BUTTONS. THE FRONT SHOULD BE MADE DIFFERENT SO THAT IT IS EASY TO DISTINGUISH FROM THE BACK.

### Workmanship

102. You all know very well that small children have very soft and tender skin. Anything rough or stiff will be harmful for them. Therefore, care should be taken while stitching their garments so that seams are smooth to prevent irritation to the children's skin.

102. rough \_\_\_\_\_ seams may cause irritation to a child's skin.

103. Since children's garments have to undergo hard wear, workmanship on children's clothes should be of good quality so as to withstand rough use and frequent launderings. Poor quality stitching may come off or open up due to hard wear and frequent washings.

103. to with-  
stand rough  
use & frequent  
laundering

Study the above frame carefully and answer the following question in one line.

Good workmanship is important in all garments, but it is much more essential in children's garments. Why ?

104. Since children are engaged in active play for most of the time, certain portions of their garments are under considerable strain or pull. So, their garments have to be reinforced or made stronger at places of greatest wear, especially knees of trousers crotch or underarm seams.

104.reinforced Children's garments have to be \_\_\_\_\_ at places of greatest wear.

knees of  
trousers,  
crotch  
under-arm.

The portions which require reinforcement are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ seams.

105. Edges which receive the hardest pull can be reinforced with facings, bindings, or several rows of stitching.

105.facings,  
bindings,seve-  
ral rows of  
stitching

In what ways can edges of garments be reinforced ?

106. Another portion in a child's garment which receives considerable strain is the placket. Therefore, plackets should be strong and well finished to withstand the strain and pull while putting on and taking off a garment.



106. placket      Besides knees of trousers, crotch and underarm seams, the \_\_\_\_\_ should also be strong and well-finished.

107. Plackets should have suitable fasteners which are as flat as possible. They should not have long shanks or any sharp or pointed edge which may cut or scratch the child.

107. long shanks pointed      To avoid cuts and scratches, fastners with \_\_\_\_\_ and \_\_\_\_\_ edges should not be used.

108. Since children are engaged in active play for most of the time and their garments are exposed to rough use, hems of dresses are likely to come off if not stitched firmly.

108. firmly      Hems of dresses and trousers should be stitched \_\_\_\_\_ to prevent the child catching his heel in them.

GOOD WORKMANSHIP IN CHILDREN'S GARMENTS IS IMPORTANT FOR COMFORT AND TO WITHSTAND THE STRESS AND STRAIN CAUSED BY ROUGH USE AND FREQUENT LAUNDERINGS.

#### Ease of care

109. You know now that a design for a pre-school child's garment should be simple, and should provide for comfort, allowance for growth and self-help.

109.  
1.simple      A good design is one which meets the above  
2.comfortable      requirements and at the same time is easy to  
3.provides      care for.

allowance      Complete the following statement.  
for growth

4.has self-      A good design should be \_\_\_\_\_  
help features      \_\_\_\_\_  
5.easy to care      \_\_\_\_\_.

110. Garments with elaborate designs and trimmings may look good on children, but they will not be considered as appropriate design if they need much care in laundering.

Study the above frame carefully and complete the following statement.

110. easy to      Children's garments should have a design  
launder      which is \_\_\_\_\_  
\_\_\_\_\_.

111. because the colour of most trimmings may have a tendency to run into the material of the garment.
111. Coloured trimmings look good on children's garments but they are difficult to maintain if the colour of the trim has a tendency to run into the dress material.
- Study the above frame and answer the following question.
- Why are garments with coloured trimming difficult to maintain ?
112. Frocks and blouses with puff-sleeves are difficult to iron properly because of the gathers enclosed in a band or a binding.
- 112.-difficult to iron  
-band  
-binding
- Puff-sleeves are \_\_\_\_\_ because of the gathers enclosed in a \_\_\_\_\_ or a \_\_\_\_\_.
113. Garments for pre-school children have to be washed very frequently. If the material needs much ironing then it becomes a big problem for the mother. Therefore, materials selected for children's garments should require no ironing. Wash-and-wear fabrics are a good choice for children's garments.
113. wash-and-wear
- The problems of mothers related to the ironing of children's garments can be solved to some extent by the use of \_\_\_\_\_ fabrics.
114. Proper selection of fabrics for children's garments will reduce to a great extent the time and effort required in their maintenance.
114. time effort
- Therefore, we should take care while selecting fabrics for the pre-school child's garments so that we can save the \_\_\_\_\_ and \_\_\_\_\_ required for their maintenance.

GARMENTS FOR PRE-SCHOOL CHILDREN SHOULD BE SIMPLE IN DESIGN AND EASY TO CARE FOR.

Having studied about the clothing for the pre-school child, I am sure you will now be able to select suitable fabrics and designs for children's garments keeping in mind the importance of self-help and growth features.

## SELF TEST

I. Complete the following statements by filling the blanks.

1. Cotton fabrics treated with special \_\_\_\_\_ are most desirable for pre-school child's clothing.
2. Fibrics for outer-garments should be \_\_\_\_\_ woven. They do not \_\_\_\_\_ or \_\_\_\_\_ easily.
3. Under-garments should be made from loosely woven or \_\_\_\_\_ fabrics.
4. Designs for children's garments should be simple and \_\_\_\_\_.
5. Too \_\_\_\_\_ garments give the child as inferiority complex.
6. Garments for pre-school children's should have \_\_\_\_\_ so that they can be worn for a longer period of time.
7. A garment which a child can put-on and take-off with little or no help is called a \_\_\_\_\_ garment.
8. \_\_\_\_\_ seams may cause irritation to a child's tender skin.
9. Children's garments have to be \_\_\_\_\_ at places of greatest wear.
10. Children's garments should have a design which is easy-to \_\_\_\_\_.

II. State the following :-

1. Two ways of providing allowance to increase the length of a child's dress.
2. Two ways of providing allowances to increase the width of a child's dress.
3. Four ways of making the dress a self-help garment.
4. The portions in a child's garment which need reinforcement.
5. The percentage of cotton and polyester in a blend fabric for children's garments.

## ANSWERS OF SELF-TEST

- I.
  - 1. finishes
  - 2. firmly/closely, wrinkle, soil.
  - 3. knitted
  - 4. comfortable
  - 5. large
  - 6. growth features/allowance for growth.
  - 7. self-help
  - 8. rough
  - 9. reinforced
  - 10. launder.
  
- II.
  - 1. Any two : broad hems, tucks, shifting buttons, extra-long shirts and blouses.
  - 2. Any two : wide underarm and leg seams, raglan sleeves, kimono sleeves, gathers, pleats or tucks at the shoulder line.
  - 3. Any four : front opening, opening in same place, large buttons, front easy to distinguish, one-piece garment, no collars, no separate belts, loose armholes, sleeves and neckline.
  - 4. Plackets, knees of trousers, underarm and crotch seams.
  - 5. 50% polyester and 50% cotton or 67% polyester and 33% cotton.