



Uniform Labels Visual Guide for Children

Uniform labels help children recognise their **school clothes** quickly and confidently. They show which items belong to them, where things go, and what each piece of clothing is for — all in a **clear, predictable, and easy-to-understand** way.

This **visual guide** gently explores what **uniform labels** look like, why they matter, and how they support everyday **routines** such as getting dressed, organising belongings, and feeling prepared for school.

If **uniform labels** sometimes feel confusing or overwhelming, this guide is here to make things feel more **manageable, predictable, and supportive** — one clear, gentle label at a time.

Questions You Might Have

What are uniform labels?

Uniform labels are small tags or symbols that show who the clothing belongs to and what each item is. They help children recognise their school clothes quickly and confidently.

What do labels usually show?

Labels can show a name or initials, the material, washing instructions, or where the item was made. Each part gives simple clues that help with comfort, care, and keeping track of clothes.

What if a label feels scratchy or uncomfortable?

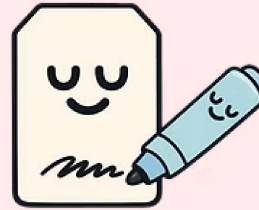
Some labels can feel itchy or distracting. You can adjust their placement, trim the edges, or choose softer options like iron on labels to support sensory comfort.

What's Inside Uniform Labels



A sensory-safe guide to recognising school clothes clearly and calmly.

Name or Initials



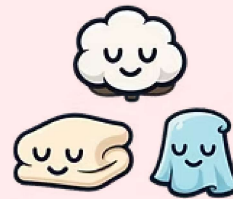
Many labels show a name or initials to help keep track of clothes in shared spaces.

Care Tips



Washing symbols show how to clean clothes safely, including drying & ironing.

What It's Made Of



Labels show the material, like cotton or blends, to guide comfort and care.

Origin or Brand



Some tags show where the item was made or the brand, helping with sizing.

Sensory Comfort



Some labels may feel scratchy, so you can adjust them or use softer options.