

# I Can Dress Myself

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Hello friends, my name is Abdillah.  
I am still learning how to dress myself.  
Can you all dress yourselves?





**When I was young, my mother used to dress me.  
But as I grew older, my mother asked me to  
dress myself.**

**At first, I cried because I couldn't do it.**

**Then my mother encouraged me and said I  
could do it, let's learn!**





**First, I started learning to put on pants by myself.**

**Since I found it difficult while standing, I put on my pants while sitting down.**

**Oh, by the way, friends, when putting on pants, remember to put your right leg first!**





It's the same when putting  
on shirts.

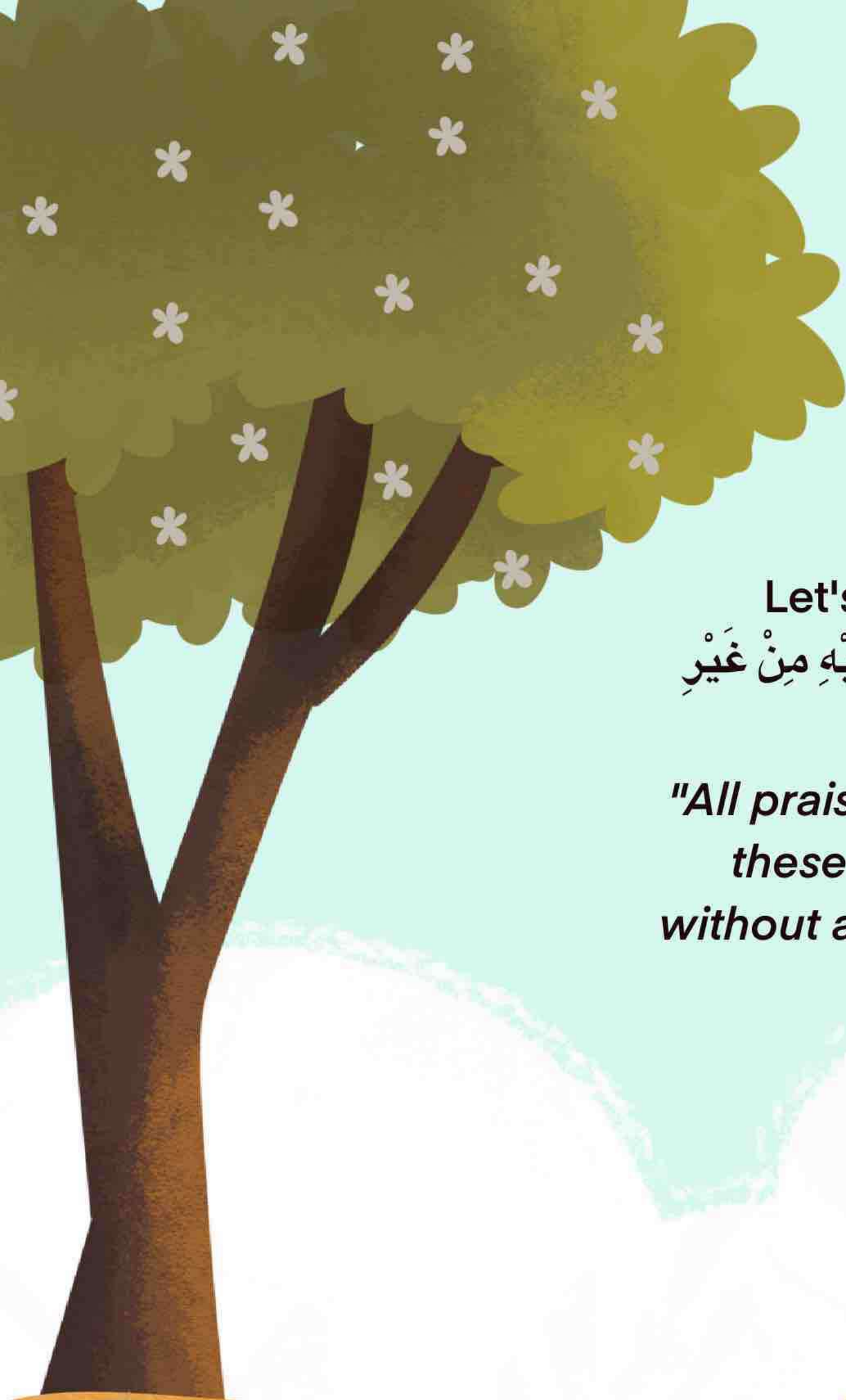
At first, I was confused  
about the front and back of  
the shirt, but my mother  
taught me.

Even though I sometimes  
still need help, I will learn  
to be independent.



Friends, do you know the prayer  
when putting on clothes?  
When my mother helps me get  
dressed, she often recites the prayer  
for me.  
Over time, I memorized it,  
alhamdulillah.





Let's memorize the prayer together!

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ مِنْ غَيْرِ  
حَوْلٍ مِنِّي وَلَا قُوَّةٍ

*"All praise be to Allah who has given me  
these clothes as a blessing from Him,  
without any power or strength from me."*