

How Should a Prom Chaperone Dress?

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You've signed up to be a chaperone at the prom. Sounds like fun! And then it hits you – the complete and utter confusion about what you're supposed to wear. Do you need to wear a prom

dress? Something glitzy? Something serious so the kids are just a little bit scared of you? There are thousands of prom dresses, but what exactly is a *prom chaperone* dress?

It's Not a Prom Dress

This isn't your night. You're there to help everything go smoothly and kick everyone out at the end of the evening. So a sparkly prom dress is neither appropriate nor necessary. Isn't that a relief? There's nothing like looking at the latest prom dresses to make me happy to be a grownup.

You don't want to look frumpy or severely under-dressed either, because that will ruin your fun. This is a job for your [little black dress](http://abbeypost.com/blog/four-good-reasons-need-black-dress-one-bad-reason/) (<http://abbeypost.com/blog/four-good-reasons-need-black-dress-one-bad-reason/>). You'll look elegant and subdued. Add some sparkle with a beaded jacket or [fabulous jewelry](http://abbeypost.com/blog/secret-making-outfit-stylish-accessories/) (<http://abbeypost.com/blog/secret-making-outfit-stylish-accessories/>), and you'll fit right in with the surrounding prom dresses without looking like you're trying to dress like a teenager.



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A little bit of bling can make all the difference!

Ask The School

An experienced prom chaperone can also give you tips on exactly how dressy or formal your outfit should be. That'll come in handy when picking out accessories.

Some schools have rules they'll want you to follow, like not going sleeveless. You don't want the Principal to send you home for a sweater to cover up. If you're a teacher, find out if the administration wants you to stick to the same modesty rules that you adhere to when teaching classes.

If they have issues with exposed arms like with the [Audrey dress](http://abbeypost.com/shop/audrey.html#.U2FiRS9uGBA) (<http://abbeypost.com/shop/audrey.html#.U2FiRS9uGBA>) (pictured above, second from left), ask about their feelings on cap sleeves. The [Sutton dress](http://abbeypost.com/shop/sutton.html#.U2FiPC9uGBA) (<http://abbeypost.com/shop/sutton.html#.U2FiPC9uGBA>) (above, far right) is a perfect prom chaperone dress, unless the school really doesn't want you showing your upper arms. If you need to cover up a bit, then [Cynthia](http://abbeypost.com/shop/cynthia.html#.U2FnEy9uGBA) (<http://abbeypost.com/shop/cynthia.html#.U2FnEy9uGBA>) (pictured above, second from right), [Emily](http://abbeypost.com/shop/emily.html#.U2FnGi9uGBA) (<http://abbeypost.com/shop/emily.html#.U2FnGi9uGBA>), and [Michelle](http://abbeypost.com/shop/michelle.html#.U2FnLC9uGBA) (<http://abbeypost.com/shop/michelle.html#.U2FnLC9uGBA>) will do the trick.

Shoes

Unless you wear heels every day, wear flats or low heels. You'll be on your feet for most of the evening, so focus on comfort. But you still want to wear fancy shoes with your prom chaperone dress. Consider metallics, though a nice deep black also works well.

Perfect Fit

Speaking of comfort, do you want to spend the evening fidgeting in a dress that's too tight in some spots and too loose in others? Or tugging at some super tight shapewear that you absolutely have to wear to fit into your dress? Of course you don't. Especially not when you're on the job.

That's what's so great about [AbbeyPost Made to Measure](http://abbeypost.com/shop) (<http://abbeypost.com/shop>) – since our dresses are made to suite your measurements, they fit perfectly. Which means they're super comfortable. Which is exactly what you need when you're making sure that all the prom goers get their formal picture taken before the photographer heads home for the night!

If you're shopping off the rack, then hold out for a prom chaperone dress that fits you without an industrial-strength girdle. Shapewear is for making your curves look smooth – not for shrinking you down so you can wear a smaller size. (But if you really feel more confident wearing shapewear, check out [our post on shapewear](http://abbeypost.com/blog/top-10-best-plus-size-shapewear/#sthash.i0SF9sJE.dpbs) (<http://abbeypost.com/blog/top-10-best-plus-size-shapewear/#sthash.i0SF9sJE.dpbs>) for plus sizes and all sizes!)

So What Makes a Good Prom Chaperone Dress?

It's formal wear, but not too formal. You're not going for the same red carpet inspired looks as the kids. And you're not trying to show off as much skin as your parents and school will let you get away with.

But it's also not exactly what you'd wear to a [wedding](http://abbeypost.com/blog/spring-wedding-guest-dresses-made-easy-fabulous/) (<http://abbeypost.com/blog/spring-wedding-guest-dresses-made-easy-fabulous/>) or other formal event where you're a guest. You're going to be on your feet all night, essentially hosting the prom. So comfort and perfect fit are even more important than at other events.

When shopping for a prom chaperone dress, look for classic styles that you can wear again and again. Keeping that in mind will keep you right on track, and you won't be stuck with a dress that you can only wear at the prom.

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