



# Getting Dressed

## Early Learning (Math, Cognitive)

**Ask** math questions. “How many more pairs of socks do you have in your drawer? When will you need to do laundry?”

Put away clothes by **categories** (i.e. all the shirts in one drawer and the pants in another).

Notice the **patterns** in your clothes (stripes, polka dots, lines, etc.)

## Fine/Gross Motor

Allow your child time to practice **independent dressing**. Button, snap, zip and tie. These skills take lots of supported practice.

## Language and Literacy

**Listen** to a getting dressed song or **make up your own song** describing getting dressed.

**Make up a story** about what would happen if...you wore something surprising, you wore something backwards, you styled your hair differently.

## Social/Emotional

Include getting dressed in a **predictable routine** and allow for **flexibility** (.e. your child has 30 minutes to get dressed on their own, then you support).

**Ask** your child to **help** do laundry so they can wear their favorite clothes again!

## Self-Help

Support all **independent dressing** (button, snap, zip, tie). **Show** your child how by **supporting** the start, helping if he struggles.