



## Getting Dressed

### Early Learning (Math, Cognitive)

Help your child find **matching** socks, **match** items by color, and find clothes to put on.

Practice **first, second, and third**. "First put on your coat, then your hat, then your mittens." Be silly and see if your child notices things that do not belong.

**Count** body parts as you put them into clothes. "One arm, two arms."

### Fine/Gross Motor

Getting dressed is all about improving fine motor skills. Allow children to **help take clothing off and on** as much as they are able to. If they are not ready to be independent, have them **assist** as much as possible.

### Language/Literacy

**Name** the articles of clothing, use descriptive words for colors and textures of items, and **describe** the patterns and pictures on clothing.

**Introduce words** such as *over*, *under*, and *through* as you put on pieces of clothing.

Help your child practice **following instructions**. "Find Mommy's boots by the door and bring them over."

### Social/Emotional

Dressing oneself provides a sense of accomplishment and pride. **Praise** your child when he tries to dress himself. "Good job getting your shoes on your feet!"

Let your child **decide** what to wear. "Would you like the shirt with dots or stripes?"

### Self-Help

Allow your child independently **dress** herself. When possible, try to give extra time for her to practice before offering help.