



Character:

Getting Dressed

Ages 1 year to 2 years

Objective: The child builds self-help skills after trying and learning how to get dressed on their own.

Materials needed:

Just you and your child- and their clothes!

Procedures

1. This activity is all about what it says: Getting dressed! Encourage your child to do just that!
2. This is what you're going to do. Put their clothes down on the floor. Pick one piece of clothing up at a time, say the name of it to your child and ask them to repeat you. (i.e. While picking up and showing your child their shirt, you say: "Shirt. Can you say shirt?") Now tell them to put it on. Show and help as necessary.
3. Continue this same way of "telling, showing, and doing" for each article of clothing, including shoes and socks. Hold up article of clothing, say the name, ask child to repeat, help and put it on.



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4. The goal of this activity is encouragement and consistency in teaching your child how to get dressed by themselves with limited help.

5. Over time, if you continue to do this activity daily, teaching your child this way "tell, show, do (learn)" type of style of getting dressed, your child will know how to get themselves dressed before you know it! Save you time...who doesn't want that???

Milestones to meet:

The child builds new language and repeats/says the words of articles of clothing they recognize. The child shows a willingness to get dressed all on their own.

Evaluation:

Did this lesson work for your child? Why or why not?