

Useful words/signs/symbols
to use....

- “like”, “don’t like”
- Colour- “it’s pink”
Type – “coat”, “shoes”,
“dress”, “tops”
Body part – “head”, “leg”
Number – “It has 3 dinosaurs”
- Position words “on”, “off”, “in”,
“up”, “down”, “front” “back”
“over”
- Sequence words -“first” “next”
“then”



Getting dressed

Can you find.....

- Items by colour e.g. yellow top
- Items by type e.g. socks
- Items by possession e.g. “your shoes”

Offer choices.....

Hold up items for your child to name,
reach for or look towards

- Do you want red top or green top?
- Do you want dress or skirt?
- Does it go on your arms or your legs?
- Do you want a plate or ponytail?

Talk about the sequence.....

- ❖ of putting on the different items of clothes e.g. “first underwear, then top”
- ❖ of the steps on putting the items on e.g. first put your legs in then pull them up

Once they beginning to understand the sequence leave pauses when talking it through to see if the child can answer by filling the gaps.

If they do this well ask what is first / next?

Commenting

Talking what you are doing. Use simple phrases e.g. ‘Shirt on’. You can say more as your child’s language develops e.g. ‘Push your arm in the sleeve’.

Talk about the name of the clothes that the child puts on/ takes off and the body part they go on.

Talk about the item of clothing think of its colour, pattern, images

Talk about the weather when choosing what type of clothes to wear e.g. what you need when its hot / cold / raining/ windy; if going to the park / beach