

DAILY DRESSING OPPORTUNITIES

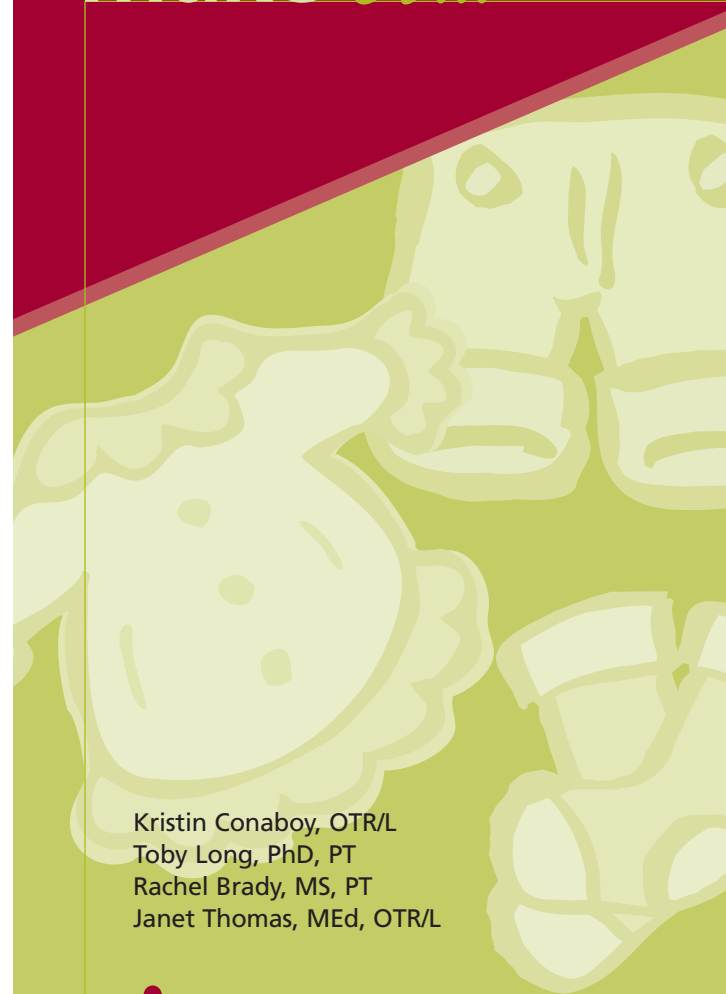
24-36 Months Continued

- If I need help, encourage me to ask using my words.
- I can help to hang my clothes up if I have a low-hanging bar in my closet. Stretching my arms up helps me to make muscles strong.
- If you show me how, I can try to help fold some things and can put them in my drawers.
- I can help sort the laundry, put clothes in/out of a basket, washer, or dryer. I can even help to carry clothes to put them away.
- At the laundromat, I can try to sort coins, put them in the slot, and turn or push the start knob. This really helps strengthen my fingers.
- Encourage me to play dress-up with some of your old clothes. Activities like walking around in high heels may challenge my balance and motor coordination. Dress-up will also provide me the opportunities to pretend. I might pretend I'm a doctor, a painter, a chef or a dancer.



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Everyday Experiences Make a...



Kristin Conaboy, OTR/L
Toby Long, PhD, PT
Rachel Brady, MS, PT
Janet Thomas, MEd, OTR/L

 **Comprehensive System of
PERSONNEL DEVELOPMENT**

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... Lifetime of Differences.

D A I L Y D R E S S I N G O P P O R T U N I T I E S

Dressing activities can be a challenge but we do it several times a day with our children. Take advantage of the opportunities for development you have each time you pull out those clothes! Learning and growing is all around us—even in our simple daily routines!

0-4 Months

- Give me a lot of support as you move my body into my clothes.
- Show me the brightly colored outfits I have. See if I can follow them with my eyes.
- Prop me up to help strengthen my neck and body.
- As you dress me, help me to lift my legs and bottom up to help make my legs and tummy strong.
- Talk to me about my clothing.

4-6 Months

- Name all of my clothing for me. I love to play peek-a-boo with my clothes, hands and feet. Help me to hide, then you try to find me.
- Encourage me to try and sit to practice my balance while you are dressing me.

6-9 Months

- Please label my clothes and my body parts as we dress. I like hearing the words and may try to practice those sounds.
- I may try to sit by myself as we finish up.
- Can I help? Let me sit and reach to pick up my clothes on one side, pass them to my other hand, and then get them all the way over to you! I am balancing and using both sides of my body together.

9-12 Months

- Now I am getting it! Remind me to use my fingers to take off hats, pull off my shoes and socks, and even take off my slippers.
- Watch me now, I am trying to use my fingers to pull open large fasteners, Velcro, snaps, large zippers.
- I love when you teach me to make the sounds of these things like “zip” and “snap” and “open” and “shut”.
- I am even practicing standing. Place me near my drawer. I can reach inside for my clothes.
- I may like to crawl across the room to bring you my clothes or cruise along my crib, furniture, or the wall by holding on.
- When it is time to change my diaper, ask me to get it and I will bring it to you.

12-15 Months

- I am really trying to help push my arms and legs and head through my clothes.
- It’s fun to stand, holding onto your shoulders, and balance while I help put my feet in my shoes.
- I am really feeling good about learning to take this stuff off! It is still lots of fun to imitate all those sounds.

15-18 Months

- When we go to get dressed, hold my hand and let me walk across the room or even up the stairs.
- Pulling stuff out of my drawers and bringing it to you makes me feel like a real helper.
- Help me make choices, imitate sounds, and label clothes and colors.
- See those shapes and characters on my clothes, I’d like to know their names too!

18-24 Months

- Continue to help me make choices by showing me a couple of items to pick from.
- Encourage me to continue to use my words to describe my clothes, colors characters or pictures on my clothes.
- I want to try to put my own shirt over my head and push my arms through.
- I can practice putting on my pants. While sitting, I can pull my pants on over my feet. While standing I can balance on one foot as I put each leg in each pant leg.

24-36 Months

- Helping me to make good choices and encouraging my independence makes me feel really proud.

Show me *the way to* achieve my best *each* day!