

Learning every day in every way through play

# Getting dressed

Everyday routines



Learning activities while getting dressed:

- Encourage your child to put their own clothes on, helping them where needed.
- As your child is getting dressed, discuss what part of the body different items of clothes go on. For example, left and right arm or leg.
- Discuss the weather and check the temperature together. Let your child think about what clothes they might wear.
- Allow your child to have a go at doing their own buttons or doing up a zipper.
- Decide together what else we need to do to get ready, for example, brush our teeth, brush our hair and wash our face and hands.

What children are learning:

- Independence and self-help skills
- Language and body parts
- Fine motor skills (finger and hand muscles) to manipulate small items
- Time and counting
- Looking after our body
- Weather concepts