

Clothing Talk

Instructions:

1. While you are helping your child change clothes, label the clothing items by name with your child (i.e. shirt, pants, socks, etc.).
2. Say one thing at a time and allow your child to repeat after you.
3. This is an opportunity for exposure to words, so encourage your child to repeat your words. Too many descriptors can be overwhelming so one at a time is okay.
4. Once they are comfortable, you might also add colors of the items (i.e. red shirt, blue underwear, etc.)

How to extend activity:

As they become more and more familiar with the words, you can add more identifiers like colors and designs (i.e. flowers, stars, etc.). Continue to do this every day and expose your child to more words. You can also do this in different ways, not just when changing, like on a nature walk or while playing with toys.

Materials:

- Just the clothes, diapers, pull ups, etc. that you will be dressing your child in today.



What they learn:

- **Cognitive skills and memory:** Continuing to expose your child to words will create familiarity and continuing to add to their long term memory and vocabulary list.
- **Motor skills:** If your child is also dressing him/herself during this time, you are also working on motor skills.