

Getting Dressed Is Fun!

Letting your child dress by herself will:

- Help your child gain confidence in her abilities
- Provide her with a sense of accomplishment
- Assist with her fine motor skills such as buttoning, zipping, snapping and buckling



Ideas to try with your child:

- Offer several appropriate choices of clothing. Let your child pick one and dress herself.
- Designate a place for your child's clothing and shoes. Label your child's drawers or bins with words and pictures so she can put things away.
- Play dress-up with your child. You can get many items at garage sales and thrift stores that would make great dress up clothes. Include items such as shoes, hats, button-up shirts and dresses.

If your child is struggling:

- Provide clothing that your child can easily put on by herself. Elastic pants, Velcro shoes, or pullover T-shirts are great ways to begin.
- Mismatched socks? Backwards shirt? Praise your child her efforts and show her how to match pairs or tell the front from the back. The skill of dressing will take some time, so be patient and enjoy the learning process.

Going further:

- Make a morning routine poster with a picture of each clothing item to put on – underwear, pants, shirt, socks, and shoes. Hang the poster at eye level in her room.
- Read books about getting dressed. Look for [Zoe Gets Ready](#), by Bethanie Deeney Murguia; [Froggy Gets Dressed](#) by Jonathan London; or [Little Mouse Gets Ready](#) by Jeff Smith.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children Ages 3-4 years** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Dress and undress without help. Take off coat and put it where it belongs", *Growing Up Healthy, Ages-3-4 years*, pg. 61