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SPEECH THERAPY LLC

Stimulate Language Development While Dressing Your Toddler

Here are 10 practical and engaging strategies parents can use to stimulate language development in toddlers during the daily routine of getting dressed.

1 Describe Each Step:
Narrate what you are doing as you dress them. For example, say, “Now we are putting on your shirt” or “Let’s put your arm through the sleeve.”

2 Use Body Part Names:
While dressing, point to and name body parts, such as “This is your hand, let’s put it in the sleeve,” or “Here are your toes, let’s put on socks.”

3 Offer Choices:
Give your toddler a choice between two items, like, “Do you want to wear the red shirt or the blue shirt?” This encourages decision-making and language use.

4 Label Clothing Items:
Talk about the clothes they are wearing, naming each piece as you go, such as “These are your shoes,” or “This is your jacket.”

5 Talk About Colors:
Use clothing to introduce colors by saying things like, “Your pants are green,” or “What color is your shirt?

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6 Incorporate Numbers:
Count the items as you go. For example, “One sock, two socks,” or “Let’s count the buttons on your shirt.”

7 Use Action Words:
Highlight the actions you’re doing with verbs, like “pull,” “zip,” or “button,” as you perform each task, e.g., “We are zipping up your jacket.”

8 Make It Interactive:
Ask simple questions to engage them, like “Where is your shoe?” or “Can you help me find your socks?” This helps build understanding and vocabulary.

9 Sing Dressing Songs:
Use simple songs related to dressing, such as “This is the way we put on shoes, put on shoes,” to make the activity fun while promoting language skills.

10 Encourage Repetition:
Repetition helps toddlers learn new words. If you introduce a new word like “shirt”, use it several times throughout this activity. “Shirt. This is your shirt”, “Your shirt is red.”

These strategies turn everyday tasks like getting dressed into rich opportunities for language learning.

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