



EIRG Tips & Tricks

What's Featured This Week?

This week, continue to support your child's language development with our **Household Routine of the Week: Getting Dressed!** Get creative with this routine by using some of our play ideas below. Remember to pay attention to and go along with your child's play ideas as well (even if that means mismatched socks). You can also try using some example words and phrases in *italics* as well.

Time to Get Dressed!

- Encourage your child to help you pull out clothes from their dresser/drawer/closet. Label actions with an enthusiastic voice. (*Closet. It's open! *Gasp* The pants are inside. I grabbed a shirt. You took your socks out!*)
- Help your child put different clothing items on and off. If they are okay with it, you can vary the order and the speed with which you put items on. (*Pants. Your pajamas came off. Your pants are on. The sock is on your foot. Oh no, it's stuck!*)
- Bring in other friends (e.g. dolls, teddy bears, etc.) that also "need" to get dressed. (*The shirt is on Teddy! His arms are up. His hat fell off. He's dressed!*)
- Made a mess while getting dressed? Start a game to encourage your child to help pick up the remaining clothes. (*They're on the floor! We're cleaning up. I'm cleaning fast. You're cleaning slow. The clothes are in.*)

Tip of the Week: Use Gestures

When helping children learn the meaning of new words, it's important to be thoughtful not only about what words you say and when you say them, but also to be thoughtful about *how* you say them. While trying out the above play ideas, remember to *show* your child what you mean. Pointing, holding up objects, imitating actions, and acting out words will help your child make sense of what you are talking about—especially when using words that your child doesn't know yet.

Additional Ideas

Looking for some more fun things to do around the house?

- Listen to "[Mondays with Michelle](#)" a read along with Michelle Obama.
- Check out [Tinkergarten's](#) list of free DIY activities that will get your kiddo exploring outside.
- Watch "[Fun with Snow](#)" and other vignettes from Disney's "At Home with Olaf" series.
- Move with Abby Cadabby (*Sesame Street*) in her virtual "[Emotions Dance](#)" Party.
- Read this short "[Self Care for Parents](#)" tip sheet.