



Dress Up and Recognize Yourself

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My Clothes, My Hat

Show your baby each item before getting dressed, name it, and help them connect familiar clothes with themselves.

Helps Your Child Grow



Sense of Identity and Belonging

Hearing their name while you point out their clothes and hat helps your baby connect these familiar belongings with themselves.



Attending and Understanding

Hearing your words during dressing and answering with a look, expression, or movement gives your baby practice taking part in an everyday exchange.



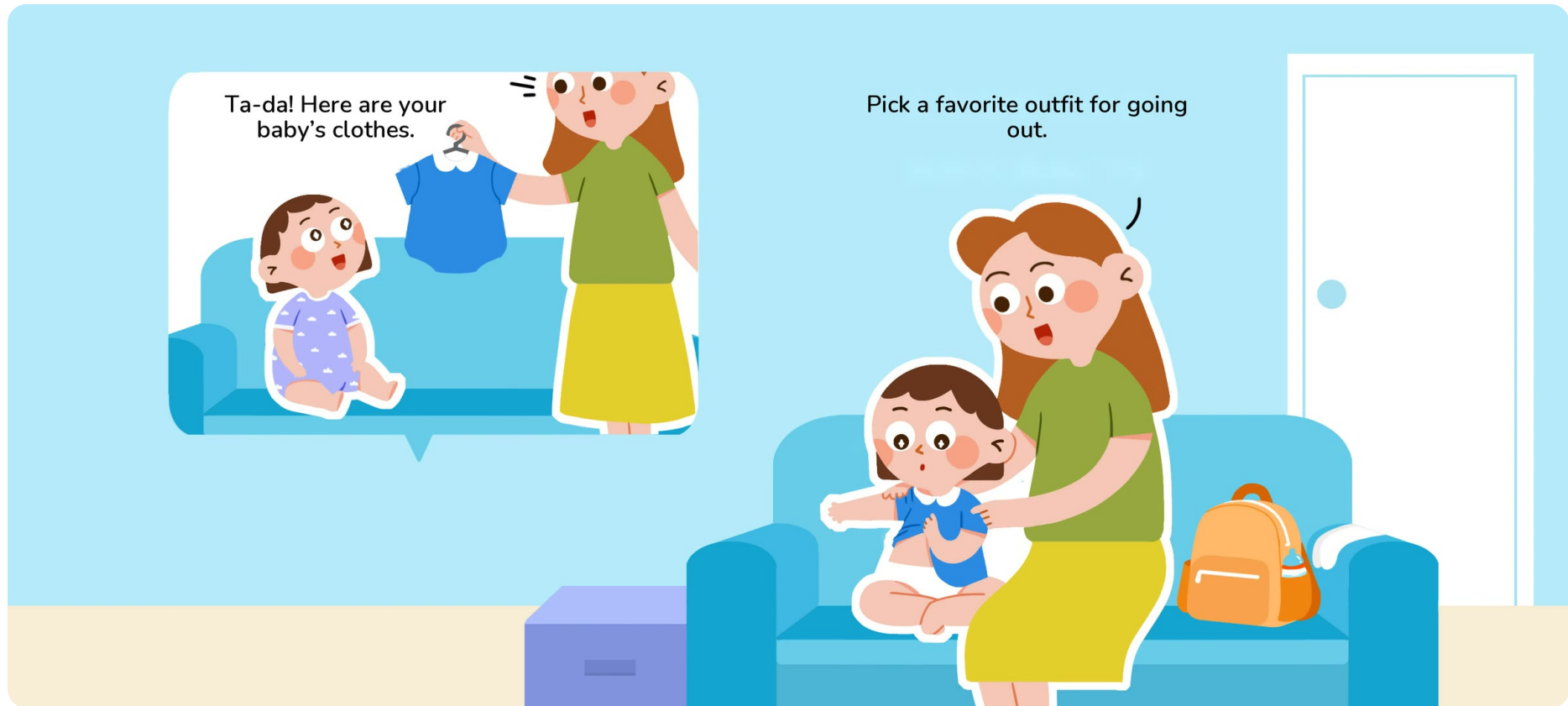
What You'll Need



Clothes

What You'll Need

1. Your baby's clothes



Here Are Your Clothes

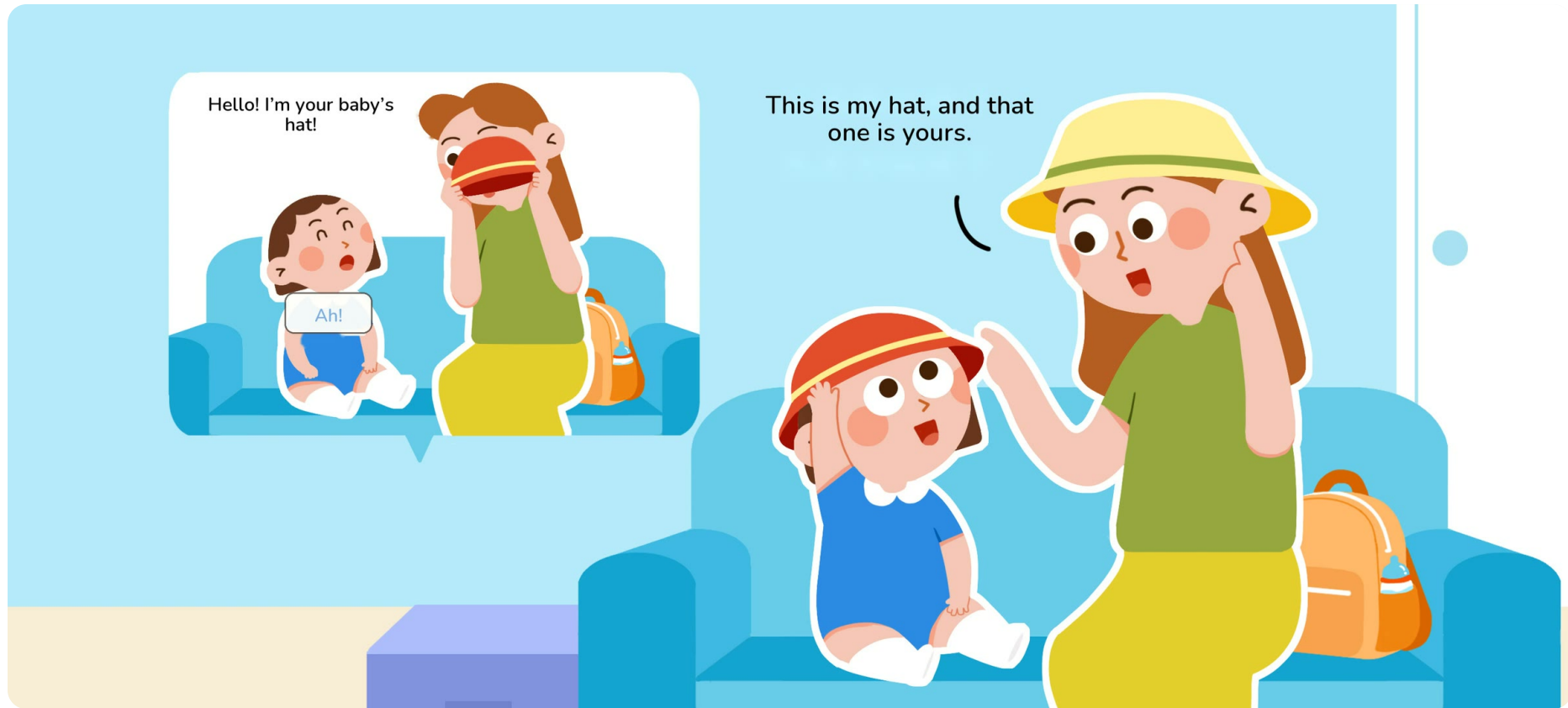
Choose the clothes your baby will wear and show each item slowly. Give them time to look and touch. If they reach, smile, or otherwise respond, describe a clear feature: “Here is your soft blue shirt.”

Observations

- Responds to their name by smiling or moving their hands or feet
- Reaches curiously toward the clothes to touch them

Tips

- Familiar clothes make it easier for your baby to begin recognizing, “This is mine.”
- Use your baby’s name in short phrases such as “Maya’s shirt” and “Maya is getting ready to go out.” This links the person with their belongings.
- A name is one of the earliest spoken labels connected with the self, so say your baby’s name naturally as you show each item.



Our Clothes Are Different

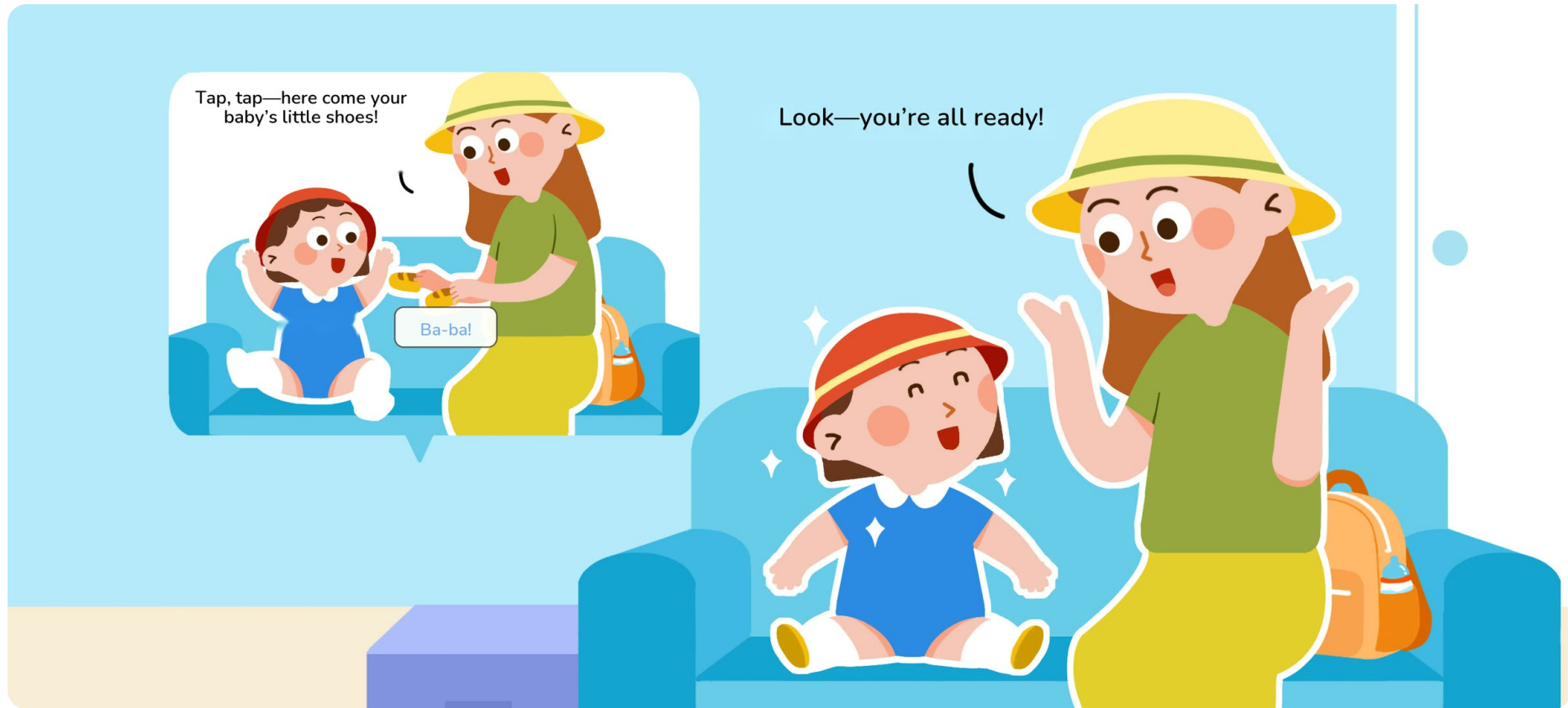
Compare one of your baby's garments with one of yours. Talk about differences in size, color, or style. If your baby touches one or looks back and forth, respond and ask, "Which one is yours?"

Observations

- Shows clear interest after hearing that the clothes are theirs
- Holds their own clothes and looks at them closely

Tips

- A clear color contrast between the two garments can make them easier to tell apart.
- If your baby does not respond, hold the adult garment against your chest, then gently touch your baby with their garment to make the contrast clearer.
- Let a hat or shoe "introduce itself": "Hi! I'm your little red hat." The playful voice may hold your baby's attention.



You're Ready!

Keep your baby interested by playfully presenting each item of clothing. When everything is on, say, "You're dressed!" If your baby looks down, waves, or smiles, describe what they are doing and respond warmly.

Observations

- Looks at you happily after hearing "You're dressed"
- Shows excitement about going out after getting dressed

Tips

- After dressing, look in a mirror together and admire the finished outfit.
- When your baby looks closely at or touches their clothes, they may be beginning to connect the feeling of "mine" with familiar belongings.
- Show the outfit to another family member so your baby can enjoy the warm response.