Better Parenting

My First Laundry Helper

Put dirty clothes in the hamper instead of leaving them on the floor.

Helps Your Child Grow



Health, Safety, and Nutrition

Putting clothes into the hamper by hand lets your child participate in an everyday routine, practice a healthy habit, and build early self-care skills.

Steps

- Before bath time, place a laundry hamper where your child can reach it easily.
- As you begin helping your child undress, put the first item into the hamper and explain: “Dirty clothes go in the hamper.”
- Hand the next item to your child and invite them to put it in: “Where do dirty clothes go? You can put it in!”
- When your child does it, be specific: “That’s right - you put it in the hamper!” Your encouragement shows that you noticed and makes another try more inviting.
- With each item you take off, let your child place it in the hamper so they can experience, “I put away all my clothes.”
- Repeat this before each bath. Over time, putting dirty clothes in the hamper can become a natural part of the routine.

Tips

- At first, your child may copy the action without understanding why. That is normal. Keep inviting them to participate until putting clothes away becomes familiar.
- As the habit grows, your child may begin putting clothes in the hamper before you remind them.

Observations

- ○ Puts their clothes in the laundry hamper
- ○ Holds out an arm or leg for you while getting undressed