

Age 1–2

Morning Care Routines

4. Let's Get Dressed

Parent-initiated

【*Beginner Level*】

Dialogue

Parent: Let's get dressed.

Parent: Take off your pajamas.

Parent: Arms up—shirt goes on!

Parent: Now step into your pants.

Parent: All done. You look great!

Vocabulary

- get dressed
- pajamas
- arms up
- shirt
- pants

Tip for Parents

Use short commands with clear body actions. Say each clothing item as you help the child wear it. This builds everyday vocabulary and connects language with body awareness.

Extra Clothing Words

- pajamas
- shirt / T-shirt
- pants / trousers
- socks
- shoes
- dress
- jacket / coat
- hat / cap
- underwear
- buttons / zipper

【*Advanced Level*】

Dialogue

Parent: Time to get dressed. Are you ready?

Parent: Let's take off your pajamas first.

Parent: Can you help me put your arm through the sleeve?

Parent: Now step in and pull up your pants.

Parent: Do you want to choose your socks today?

Parent: You did it! You're getting better every day.

Vocabulary

- get dressed
- take off / put on
- help
- sleeve
- choose

Tip for Parents

Let your toddler help with small steps like pulling sleeves or picking socks. Give choices when possible and praise their effort. This builds confidence and fine motor skills.

Extra Clothing Words

- pajamas
- shirt / T-shirt
- pants / trousers
- socks
- shoes
- dress
- jacket / coat
- hat / cap
- underwear
- buttons / zipper

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Baby-initiated

【Beginner Level】

Dialogue

Parent: You want to get dressed?

Parent: Okay, let's take off your pajamas.

Parent: Arms up—good job!

Parent: Step into your pants.

Parent: Now let's put on your socks.

Vocabulary

- want
- take off
- arms up
- step into
- socks

Tip for Parents

When your child shows interest in dressing, support their independence. Repeat familiar phrases to build routine and celebrate small actions like raising arms or stepping in.

Extra Clothing Words

- pajamas
- shirt / T-shirt
- pants / trousers
- socks
- shoes
- dress
- jacket / coat
- hat / cap
- underwear
- buttons / zipper

【*Advanced Level*】

Dialogue

Parent: You want to get dressed all by yourself?

Parent: Let's do it together. Start with your shirt—can you find the hole for your head?

Parent: Now pull your pants up.

Parent: What socks do you want to wear today?

Parent: That's a great choice!

Parent: You're learning to dress yourself—how cool!

Vocabulary

- | | |
|----------------------|----------|
| • by yourself | • choice |
| • hole for your head | • cool |
| • pull up | |

Tip for Parents

Support your toddler's dressing efforts by using descriptive language and offering small decisions. Celebrate effort, not perfection, to keep the experience positive and fun.

Extra Clothing Words

- | | |
|--------------------|--------------------|
| • pajamas | • dress |
| • shirt / T-shirt | • jacket / coat |
| • pants / trousers | • hat / cap |
| • socks | • underwear |
| • shoes | • buttons / zipper |

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Baby chooses clothes

【*Beginner Level*】

Dialogue

Parent: Let's pick your clothes today!

Parent: Stand in front of the closet.

Parent: Which shirt do you want? This one or that one?

Parent: Good choice! Take it out.

Parent: Now let's choose your pants. Which one do you want?

Parent: Great! Take it out too.

Parent: Now let's get dressed.

Vocabulary

- pick
- closet
- shirt
- pants
- take out

Tip for Parents

Offer your child two simple options like “this or that” to guide decision-making. Encourage them to stand in front of the closet and reach for clothes themselves. Praise the effort, not the style!

Extra Clothing Words

- shirt / T-shirt
- pants / trousers
- socks
- dress
- jacket
- underwear
- sweater
- closet / drawer
- take out / put back
- hang / fold

【*Advanced Level*】

Dialogue

Parent: Do you want to choose your own clothes today?

Parent: Let's stand in front of the closet together.

Parent: Hmm, which shirt do you feel like wearing—blue or yellow?

Parent: Great! Can you take it out and hold it?

Parent: What about pants? You can pick those too.

Parent: You really know your style!

Vocabulary

- choose
- feel like
- take it out
- hold it
- style

Tip for Parents

Let your toddler take the lead in choosing clothes, even if the results are mismatched. Use this opportunity to introduce colors, textures, and simple adjectives like “soft” or “warm.” It’s about expression, not perfection.

Extra Clothing Words

- shirt / T-shirt
- pants / trousers
- socks
- dress
- jacket
- underwear
- sweater
- closet / drawer
- take out / put back
- hang / fold

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