



5 Simple Tips

To Support Your **Infant's** Social Emotional Health During



Dressing

- 1 Talk about what you are doing.**
"Mila, Daddy is going to put your shirt on now."
- 2 Practice patience.**
"David, this shirt is hard for mommy to get over your head, I am going to try a different way."
- 3 Leave extra time.**
"It will be time to go to child care soon, let's get you ready Sasha."
- 4 Offer positive words.**
"Ellen you wiggled your foot into the sock. Way to go!"
- 5 Have fun.**
"We got your shirt on Dedrea, let's clap your hands!"

You Are Your Child's First Teacher!

Together, you and your infant can make dressing a special time for connecting. When you show patience and use gentle words, your infant learns from you how to be kind and patient. When you talk positively about what you are doing together your child learns that you like taking care of them, *"Daddy is going to dress you in warm clothes today for our walk, it's chilly outside."*

