



## EVERYDAY ACTIVITIES TO BUILD VOCABULARY

### TIPSHEET-9: getting dressed/undressed

Building your child's vocabulary does not always have to involve setting up separate activities and games in your already very busy lives. One of the most powerful ways to build your child's vocabulary is through your natural interactions together during your day to day activities and routines.

**Getting dressed/undressed:** As challenging as this can be at times with young children, we all need to get dressed/undressed. The action of getting dressed/undressed can provide us with many opportunities to build vocabulary through commenting or talking about what is happening in the environment as it occurs.

**Examples of vocabulary you can use when helping your child get dressed/undressed.** There is a huge range of words you can use while helping your child get dressed/undressed. These include nouns (names); verbs (actions); adjectives and adverbs (descriptive language). Below are some examples of suggested vocabulary which you can use while getting your child dressed or undressed.. Of course the lists can be endless, so use whatever words/vocabulary that fits for you and your child. I have chosen a vocabulary of nouns, verbs, adjectives and adverbs that relate together. For example, when putting your child's shoes on you can tell them **"one shoe on, two shoes on"**! Remember if your child is not yet talking or only has a limited vocabulary make sure you keep your language model simple (single words or 2 words together).

#### NOUNS

Clothing items: Singlet/t-shirt/top  
Undies/shorts/pants/dress/skirt  
Tights/jumper/jacket/pajamas

Buttons/zip  
Arms/legs  
Tummy/belly button  
Head/hat  
Socks/shoes/feet  
Nappy

#### VERBS

put on/take off/pull up/help  
all done/finished /play/sleep

undo/do up/Pull zip  
up/down  
tickle  
put on/take off  
put on/push/tie up  
put on/take off/do up

#### ADJECTIVES/ADVERBS

colours/big/little/long/short  
warm/cool/soft

counting/"snap"/up/down  
in/on/one/two  
"bing-bong" (on bellybutton)  
warm/sunny/cold  
one/two/colours  
clean/stinky/wet/dry

**REMEMBER:** Children learn best through rhyme and repetition, so don't be afraid to repeat the same word over and over again!!! Make up your own silly little rhymes or sing familiar songs such as:

**"Where's.....? Peek-a-boo; I see you"** (when putting on or taking off your child's singlet/t-shirt/top etc)  
**"This is the way we get dressed in the morning"**

It can take some time for children to learn new words. If your child is not naturally imitating the words don't worry. Keep talking and providing an ongoing commentary as this is an appropriate technique to use all day long every day (if you feel like you can manage it). If you feel that your child needs something a little more than commenting/talking, try the language stimulation strategies outlined in tip sheets 1, 4 & 5.

Always contact a speech and language pathologist if you have any concerns regarding your child's speech and language development.

Kath Keiper (Paediatric Speech Pathologist; Creator of "Can you sound like me?")

visit [www.chewchewchatter.com.au](http://www.chewchewchatter.com.au) for more information

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