

# S.A.V.E.

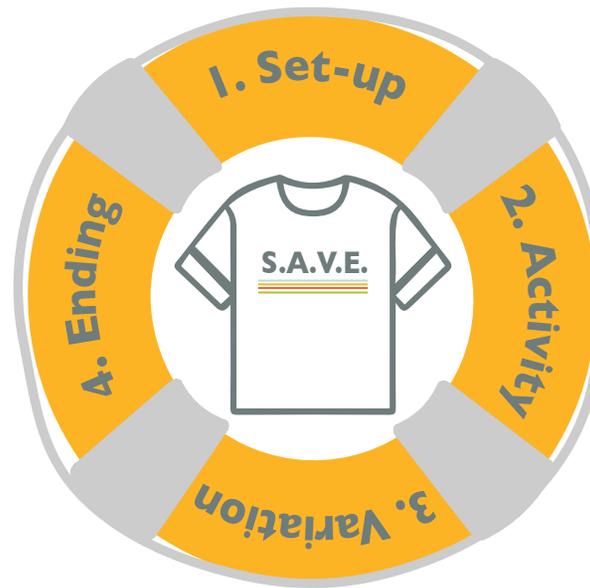
## Dressing + Grooming

### 4. Ending

- I end the routine at a natural closing or when my child is losing interest.
- I do something to mark the ending (put dirty clothes in the hamper, look in the mirror).
- I transition intentionally; I consider if my child is motivated to participate in the next activity based on their words and body language.
- For harder transitions, I find a way to put my child in charge.

### 3. Variation

- I vary the dressing routine to keep it fun and engaging (e.g., play peek-a-boo, match socks, talk about textures, shapes, or colors).
- I gradually encourage my child to complete steps independently.
- I am flexible and follow my child's lead.
- I reinforce my child's efforts.



### 1. Set-up

- I hook my child's attention and get them motivated to participate (e.g., offer choices, elicit curiosity, make it a game, use silly voices).
- I know toys, games, songs, and sounds to incorporate into our dressing and grooming routine to make my child smile and laugh.
- I identify what distracts my child from completing the routine and remove or minimize them.

### 2. Activity

- I am in the spotlight during the activity (my child easily can see my eyes, face, and body movements).
- My child and I have language-rich back-and-forth interactions while dressing or grooming.
- I patiently teach the steps of the routine one at a time.
- I make the routine predictable.

### Tips:

- 🌀 Allow a realistic amount of time for getting dressed; pick out clothes the night before.
- 🌀 Practice getting dressed when you and your child aren't in a hurry or tired.
- 🌀 Break dressing down into smaller steps and teach one step at a time.
- 🌀 Once they've mastered a step, introduce a "just-right" challenge, which is hard enough for them to grow but does not deter them from trying.
- 🌀 Don't jump in to help your child right away. Praise their perseverance to help them build grit!
- 🌀 Start with tasks like undressing, pushing arms through sleeves, and putting on elastic pants. These are easier tasks that build confidence.
- 🌀 Teach your child to sit when putting on anything that goes on the bottom.
- 🌀 Make up rhymes, songs, and phrases to help your child remember correct positioning and the routine's steps.
- 🌀 Present choices to give your child shared control over the activity and make them more excited about what they're wearing.
- 🌀 Talk about what you're doing next to motivate transitioning.

