Dress up

Talking activities with toys

Talk about what you and your child are doing

As a parent or caregiver, you play an important role in your child's language learning. Turn playtime with toys into back-and-forth interactions and help your child build their language. When playing together, talk about what you and your child are doing. Try these activities in your language.

With your baby

- Put a large hat on your head and over your eyes. Say, "Where's mommy?" Wait for your child to do something, like make a sound or reach for the hat. Take it off and say, "Peek-a-boo!" Do it again.
- After a few turns, put the hat on your baby and wait to see what happens. Put the hat on a teddy bear and play the game.

With your toddler

- Join in and play dress up with your child. Dress up stuffed animals or dolls. Use short sentences like, "Let's put on your hat" or "Put your arm in." Repeat the names of the clothes to help your child learn how to say them. Be silly. Put a sock on your hand.
- After you're dressed up, walk around the house. Have a parade, dance, or sing. Have fun dressing up with different clothes over and over.

With your preschooler

- Put lots of different clothes in a large box. Use whatever clothes you have around the house. Talk about the clothes and describe different parts. Use words like large, soft, zipper, and sleeve.
- Pretend you and your child are different people, like a teacher, fireman, or grandpa. Get dressed up and pretend to go to different places, like the store or a movie. Talk about what would happen using words like first, then, and next.

Where to get help

Speech-language pathologists can help. Learn more at ahs.ca/pedrehab.

For these ideas use play clothes, costumes, or old clothes like dresses, jackets, shoes, or gloves.

Talk about each piece of clothing and describe how to put it on. Make it fun by being silly. Put their shirt on backwards or their socks on their hands. Talk about why it's funny.

For more information scan this QR code or visit: ahs.ca/talkbox

Alberta Health Services

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