

Objective 1

Regulates own emotions and behaviors

c. Takes care of own needs appropriately

Related Objectives: 2a, 6, 7a, 8b, 11b, 15a, 23, 26, 29

What You Do

1. When helping a child get dressed, describe what you are going to do, e.g., “Michael, I’m going to help you take off your wet shirt. Feel how wet it is? Let’s put on a dry one.”

2. Sing to the tune of “The Farmer in the Dell.”

Let’s put on your [pants].

Let’s put on your [pants].

One [leg], the other [leg],

Let’s put on your [pants].

3. Adapt the song using other clothing items.

- **Encourage toddlers and 2-year-olds to do the dressing and undressing themselves, as appropriate, while you sing the song. Start with taking off socks or shoes.**

Let's take off your [socks].

Let's take off your [socks].

One [foot], the other [foot],

Let's take off your [socks].