

## Core Skills Analysis

### Developmental Psychology

- The activity of dressing self at 2 years old demonstrates the child's growing autonomy and sense of independence.
- By attempting to put on clothes, the child is developing their fine motor skills and hand-eye coordination.
- This activity also shows the child's emerging sense of identity and self-awareness as they choose and try to wear specific clothes.
- The child's ability to participate in the dressing self activity indicates their cognitive development in understanding basic sequencing and steps involved in getting dressed.

### Tips

To further encourage development in dressing self skills, try introducing clothing items with different fasteners like buttons, zippers, and Velcro. Encouraging independence in selecting outfits and praising efforts in dressing independently can boost the child's confidence. Additionally, ensuring a consistent routine for dressing can help the child develop a sense of responsibility and achievement.

### Book Recommendations

- [Dress Up Dance!](#) by Sesame Street: A fun and interactive book that encourages dressing up and self-expression through play.
- [Dress Like a Girl](#) by Patricia Toht: Helps children explore different outfits and styles for various occasions while inspiring creativity and confidence.
- [Pete the Cat: I Love My White Shoes](#) by Eric Litwin: A delightful story about Pete the Cat and his colorful shoes, teaching resilience and positive thinking.