

# Diapering Time Activities

Turn this daily task into a fun, one-on-one learning time.

Diapering offers a chance to focus all of your attention on a single child. You can talk with each other, sing, or play a game. When you approach diapering as an opportunity for meaningful interactions rather than a task to hurry through, you teach children important lessons: that bodily functions are a normal, healthy part of everyday life and that interactions are rewarding.

## Quick and Easy Diapering Activities

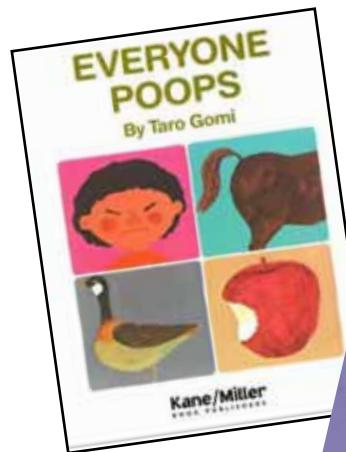
**Get Moving:** Try a few yoga poses, like bringing a knee up to the chest and then slowly moving it toward the opposite side or gently pulling her arm across her body — all the while narrating what you're doing. Once the clean diaper's in place, guide her through some baby aerobics. Ten seconds of bicycling or kicking her legs should get her revved up and ready to crawl.

**Make a Silly Noise Symphony:** Keep it simple with a diaper-changing game that's a comedy gold mine for babies: silly noises. If oinking like a pig or mooing like a cow doesn't get them giggling, try blowing raspberries, beeping like a robot, or even learning silly songs. Or just start laughing yourself. Baby will likely join in, even if she doesn't get the joke.

**Tell a Story:** Turn talk time into your own diaper-changing game by telling a made-up tale as soon as the diaper comes off. To the littlest babies, the sing-song sound of your voice is soothing (and may get her to stop squirming), and older babies can help you keep the story flowing by pointing to things you include in your story — a favorite blankie, a pair of shoes. Make sure to plop the child's name into the story, too. Just like adults, infants and toddlers pay more attention when they hear their names.

**Mirror, Mirror:** Whether she recognizes that cute kid looking back at her or not, babies love mirrors. That's why a small shatterproof mirror, just the right size for tiny hands, makes a great diaper-time accessory. Hand it over while you get to work, and you'll give them the best diaper-changing distraction there is: a smiling face.

*NOTE: Toys and mirrors used during diapering need to be disinfected after they are handled by each child and should stay at the diapering table until it is disinfected.*



Children's vocabularies and language skills grow when you talk about what you are doing as you change their diapers and name body parts and clothing. Books about toileting delight mobile infants, toddlers and twos.



## Hide the Diaper

### ■ Young Infant (Birth to 8 Months)

- A game that stays fresh for a long time is “hide the diaper”.
- Put a new diaper on your shoulder or on your side and ask, “Where’s the diaper? I can’t find it!”
- A fun twist is to give the diaper a name and a silly voice, and use it as a puppet.
- Let the diaper call a child to the changing station and have it talk to him as you change it.

#### NORTH DAKOTA EARLY LEARNING GUIDELINES

##### II. LISTENING AND UNDERSTANDING

INDICATOR Begins to understand gestures, words, questions or routines

## Body Parts

### ■ Young Infant (Birth to 8 Months)

- A gentle and stimulating activity can be introducing body parts.
- While the baby is being changed, take a moment and gently touch a body part and say, “Toes, Toes, I’ve got your toes”
- Move on to other parts such as fingers, belly, arms, etc.
- Be sure to change your tone of voice to the mood of the baby.

#### NORTH DAKOTA EARLY LEARNING GUIDELINES

##### II. LISTENING AND UNDERSTANDING

INDICATOR Responds to verbal communication of others

## Zip, Zip, Zip

### ▲Older Infant (8 to 18 Months)

### ● Toddler (18 to 36 months)

- Diapering a baby gets harder as he gets older. Reciting a special poem will keep the baby’s attention.

Zip, zip, zip, off it goes!  
I see (insert child’s name) without clothes.  
Zip, zip, what do I see?  
Diaper on, one, two, three!
- Over time you can encourage baby to say “zip” with you.

#### NORTH DAKOTA EARLY LEARNING GUIDELINES

##### II. LISTENING AND UNDERSTANDING

INDICATOR Shows interest in listening to sounds

## Who Do You See?

### ▲Older Infant (8 to 18 Months)

### ● Toddler (18 to 36 months)

- Changing diapers is a wonderful opportunity to share special moments with infants.
- Put pictures on walls near the changing table so that he can look at them while you change him.
- Start with pictures of family members. As he looks at them, ask him, “Who do you see?”
- Always name the person after you ask him who he sees.
- Another option is to choose pictures of assorted shapes, colors, animals, etc.

#### NORTH DAKOTA EARLY LEARNING GUIDELINES

##### II. LISTENING AND UNDERSTANDING

INDICATOR Responds to verbal communication of others

RESOURCES: *The Creative Curriculum for Infants, Toddlers and Twos* by Teaching Strategies; *Games to Play With Babies* by Jackie Silberg; [www.babycenter.com](http://www.babycenter.com); [www.whattoexpect.com](http://www.whattoexpect.com); [www.amazon.com](http://www.amazon.com)