

Exploring

infants and toddlers

a tipsheet for parents and caregivers of children ages 0 to 2



Capital District
Child Care Council

Diaper Changing Time

Diaper Changing Time can be a positive experience shared between baby and caregiver. A soothing environment, interesting distractions, and a relaxed and responsive caregiver can help keep active babies entertained during diaper changes. When preparing for changing time, keep supplies stocked and safely within your reach, but out of baby's environment. Give lots of presets, so that little ones don't feel rushed or interrupted. Remember to use daily routine times as precious moments that draw baby and caregiver closer.

- Sing and be animated to occupy baby during daily routines. It doesn't matter to baby if you sing off key; they just love your attention.
- Give baby lots to look at while on his back. Decorate ceiling and side wall with bright colors, patterns and pictures of family or interesting items.
- Make music a part of the routine. Purchase music or make special cassette tapes of favorite songs sung by family members and other caregivers.
- Be mindful of baby's curiosity about her body. Use this time to talk about body parts and names.
- Use diaper time to build a sign language vocabulary.
- Try changing baby in a different place each time. Carry the changing pad and simple supplies to an unexpected place and change baby next to a

window or under a table with pictures taped to the under side. For older babies, try changing them standing up.

- Keep an assortment of small toys by the changing table.

Quickly pop one of the toys under baby's shirt. Use descriptive words as you talk about where the toy is hiding. Let him work on getting the toy out into sight while you work on changing the diaper. Later on this can become a guessing game of what toy is under his shirt.

- Sing any silly songs that baby responds to such as...(to the tune of Row, Row, Row Your Boat):

Change, change, change your diaper

Wow, it's really smelly!

Take it off, wipe and wash,

Now, I'll kiss your belly!

- Talk in a low, soft whisper, or wear a silly hat or glasses.
- Play peek-a-boo with a pretty scarf or an extra cloth diaper
- Other small toys could also be used.
 - Play with baby on her back during regular play times as well, to desensitize them to the back positioning.
- Clip a spring type clothes pin on his shirt front (or yours) for him to try to get off.
- Keep a supply of soft, brightly colored hair scrungies at the changing table. Slip a few on each of his wrists and ankles. As he slips them off have him slip them on your wrist. Each time he gives one back, respond with an excited "Thank you!"
- Remember....not all of these suggestions will work every time, but if used alternately and when developmentally appropriate, babies will extend their learning and confidence and strengthen bonds with their caregivers.



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