

# Diaper Changing Activities with your Baby

After your baby's diaper change, ask your baby, "Do you want to be picked up?" See if they reach out to you. In either case, pick them up, and say, "Up!"

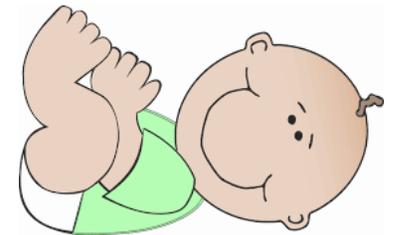
While changing your baby's diaper, hide a small, textured toy under their shirt or somewhere on their bare skin. Describe the toy to your baby and where it's hidden. Then, reveal the toy to them.

As you change your baby's diaper, talk to your baby, and give them eye contact every 5-10 seconds. This way, they'll be distracted and know that you're still there.

Change your baby's diaper in different locations throughout the day, so they'll have a new environment to explore each time.

When changing your baby's diaper, tell them, "Very stinky!" After changing them, say, "All clean! You smell nice!"

While changing your baby's diaper, give your baby a magazine or a flyer to explore. Tell them what they are holding and seeing.



Wash yours and your baby's hands before and after diaper changes. Let them know that it's important to wash up!

When you are changing your baby's diaper, tell your baby what you are doing, (i.e. "I am taking this dirty diaper off").

When putting your baby down for a diaper change, say, "down". After the diaper change, pull them up and say, "Up!"



# Songs to Sing to your Baby

## Changing Diapers

(Tune: Frere Jacques)

Changing diapers. Changing diapers.

Lots of fun. Lots of fun.

Now you're not so stinky. Now you're not so stinky.

Nice clean bum. Nice clean bum.



### **Singing Tip!**

Diaper changing isn't the most pleasant activity for some babies so keep singing them these songs and others that you may know!

Keep them entertained and distracted!



## Charlie Chaplin Went to France

Charlie Chaplin went to France.

To teach the ladies how to dance.

First, he did the rumba, the rumba, the rumba.

*(Move baby's legs back and forth)*

Then, he did the kicks, the kicks, the kicks.

*(Move the baby's legs in a kicking motion)*

Then, he did the samba, the samba, the samba.

*(Move baby's legs up and down together)*

And then he did the splits.

*(Gently move baby's legs apart and together again).*

### **Singing Tip!**

If someone else is around, have them sing while you do the diaper change, or you do the singing and they do the diaper change!