

Especially for parents of infants!

Diaper Ch-Ch-Changes

Rhymes and Sound Awareness

Changing a baby's diapers isn't much fun! Why not make this routine a fun-filled activity to help your child learn communication skills?

What is the practice?

To add fun and learning to diaper changes, try playing simple word-and-movement games. These games are best played when your child is content while lying on her back and having her diaper changed. It won't take long for your child to enjoy these everyday moments. She will look forward to seeing what interesting and exciting things you are going to do next!



What does the practice look like?

Diaper-changing games are simple interactions you do to draw your baby into sound-and-movement play. It can be something as simple as describing what you are doing. Or responding to your child's vocalizations. You can even turn diaper-changing time into a sing-along.

How do you do the practice?

Try out some of these ideas to make diapering a fun early literacy activity for your baby:

- Make silly sounds to get your child's attention (*Shoo-whee! Phew!*). Try saying something like, "Do you smell that? What do you think?" Repeat any sounds your child makes. Encourage her to vocalize and get excited (but not too excited!).
- Describe what you are doing with a playful, sing-song rhyme. "Baby's got a dirty diaper. What should we *do*? Clean it up, clean it up, for Mommy and you!"
- Touch games often work well. As you are changing your infant's diaper, repeat sayings like "I'm gonna get you!" Move your face closer and closer to your child's face. Kiss her on the forehead or nose and say, "(Child's name) gets a kiss!"
- Pay attention to what your baby seems to like to do while having her diaper changed. Respond to your child's sounds and movements to make it a fun moment.
- Encourage your child to vocalize as much as you can. Make it a back-and-forth "chit-chat" with your child!

How do you know the practice worked?

- Does your child get excited and bright-eyed?
- Does your child look forward to being kissed or touched?
- Does your child vocalize as part of playing a game?

Take a look at more fun during diapering

Mobile Sounds

A colorful mobile hangs from the ceiling over 5-month-old Michelle's changing table. She gets to play with it while her diaper is being changed. Her father places Michelle so she can easily reach for, swipe at, and play with the dangling animal figures. As Michelle plays, Dad makes funny animal noises. Dad repeats these sounds again and again while changing her diaper. The more Michelle hears the sounds, the more she tries to repeat or say them. Playing with the mobile has turned diapering into a fun-filled "talking" match!



Change Game

Keenan especially likes to have his diaper changed. He waits eagerly while his mother leans over him so that he can look at her face. Mom invented a "Poopy Diaper Game" that makes this not-so-fun activity a bit more enjoyable. The game includes a made-up song ("Diaper change. Diaper change. Keenan needs a diaper change. Off with the old; on with the new. Keenan no longer smells pee-yoo!") while tickling Keenan's tummy at the end of each statement. Keenan has started wiggling and cooing at his mom to get her to play the diaper-changing game again.

Diaper Peek-a-Boo

Michael is 9 months old. He has some motor delays. But he loves playing with his mom! Michael's mother plays a game of peek-a-boo with Michael while changing his diaper. She places a small, light towel over his face and asks, "Where is Michael? Where is Michael?" Michael has learned, with the help of his mom, to pull off the towel so that she will say, "Peek-a-boo! I see you!" Mom repeats this three or four times while changing Michael's diaper. She ends the game by blowing raspberries on his tummy. The delighted baby always laughs out loud!

