

Making diaper time fun

Rationale:

Diaper changes are a great opportunity to connect with your child. When you change a diaper, you are close to your baby and she can watch your face while you care for her and talk to her. Your face, touch and voice are your baby's most exciting and interesting playthings. She learns most about the world through her loving relationship with you.

Age range information

0-2 years

What you need

You do not need anything extra to connect and tune in with your baby while you change her diaper. Sometimes bringing some baby toys like rattles or balls to the change mat can make diaper changes more fun.

How to do it

- Look at your baby's face as you change her diaper. Smile at her, tell her what you are doing, or sing to her.
- Talk with your baby. This might mean taking turns to coo or babble at each other. Count your baby's toes or name her body parts. When she begins to use words, you can use diaper changes as a chance to encourage and praise her attempts to talk to you.
- Make funny faces. Poke your tongue out. Try making exaggerated expressions like looking really surprised or excited. See if you can get your baby to laugh or smile.
- Show your baby how different things feel. Gently stroke her cheek or hand with soft fabric. Kiss her or blow gently on her stomach or neck. Massage her feet and hands. Notice what she does and does not like.
- Give your baby a rattle to shake or a block or ball to suck. Older children might enjoy 'reading' a baby book made of cloth or cardboard. Comment on what your baby is interested in – for example, 'That's a nice soft ball, isn't it?'



Recommended Reads by the National Library Board

Recommended Reads

- [The Only Baby Book You'll Ever Need](#)
- [Parent Hacks: 134 Genius Shortcuts for Life with Kids](#)
- [Diaper Dude: The Ultimate Dad's Guide to Surviving the First Two Years](#)