

# **E** is for **EVERYDAY LEARNING OPPORTUNITIES**

## So Many Ways to Learn: **Diaper Changes**

In addition to accomplishing a diaper change, this common routine offers many opportunities to build positive relationships and provides repeated opportunities for children to learn and practice important skills. There are many opportunities to take part in brief back-and-forth play with a caregiver or to practice talking and moving skills. Everyday learning opportunities during diaper changes for very young infants will primarily be focused on looking at and having brief interactions with you. As they get older, infants can practice repeating sounds they hear you make or looking toward clothes or body parts you name. Older infants and toddlers can help with the diaper change by lifting or lowering their legs and feet, sitting up, pulling to a standing position, or following simple directions to help clean up.

### Possible Skills to Practice While Changing Diapers

#### Young Infants (0-6 Months)

- Looks at caregiver
- Smiles at caregiver
- Repeats sounds

#### Older Infants (6 to 12 Months)

- Looks at clothes, body parts, or objects that are named
- Repeats sounds or uses single words to label clothes, body parts, or objects
- Lifts legs and feet
- Sits up with support
- Supports weight with legs
- Pulls to stand

#### Toddlers (1 to 2 Years)

- Follows simple directions like, "Lay down."
- Uses single words or short phrases (e.g., 2 to 4 words) to describe clothes or objects
- Stands up

### Remember the 3R's:

Relationships, repetition, and routines (the 3R's) are the foundation for supporting brain development and early learning.