

Nappy Changing Routine for Children Birth To Two

Personal, Social and Emotional Development	Physical Development	Communication and Language	Literacy	Mathematics	Understanding the World	Expressive Arts and Design
What adults provide and What adults do						
<p>Encourage children to find own basket & fetch own nappy/ cream/ wipes etc.</p> <p>1:1 time. Talk about what you are doing.</p> <p>As children get older encourage them to take off their own things. Give them time to do this. Model with supporting language; e.g. "I'm taking off your shoes" "Now I'm taking off your tights".</p> <p>Acknowledge children's feelings about it e.g. "I know you don't like it, but it will soon be done". Reassure afterwards "All finished – now you can stand up and bounce."</p>	<p>Note ways babies indicate they need changing.</p> <p>Play reaching out game. Position the nappy, cotton wool etc. in different positions e.g. beside/ on top of toddler.</p> <p>Play standing up tall/curling up small games.</p> <p>Note how they move, stretch, curl.</p> <p>Wash hands together with the child.</p>	<p>Allow the child to hand the adult what's needed e.g. nappy/ wipes etc.</p> <p>Play "Peep a boo".</p> <p>Talk about what's going to happen.</p> <p>Note gestures and words babies/ toddlers use to indicate they need changing.</p> <p>Echo and tune into the baby's/ child's signals</p>	<p>Sing songs and rhymes</p> <p>Make up short stories</p> <p>Use different voices while singing or telling stories.</p> <p>Allow the child to join in with familiar refrains or anticipate the next part of the song/rhyme.</p>	<p>Play games and number rhymes e.g. counting fingers, toes, how many shoes, socks etc. Walking round the garden, 1, 2,3,4,5.</p> <p>Play matching games with clothes eg, shoes and socks.</p> <p>Talk about the size of things/ children eg: "You are bigger than me when you stand up on the changing table".</p> <p>Introduce words to describe the patterns on clothes.</p>	<p>Play naming games starting at head, toes, fingers etc., moving on to elbows, wrists ankles etc.</p> <p>Learn about key children's established changing routine including nappy and materials used eg, terry / disposable; wipes/ cotton wool; cream.</p> <p>Talk about why we need to wash our hands</p> <p>Talk about where water comes from and why we do not waste it.</p>	<p>Play silly games e.g. "I'm the crocodile and my favourite food is smelly socks, so I'm coming to get yours"</p> <p>Rhymes and songs</p> <p>Talking about the colour / pattern of clothes</p>
What children learn						
<p>Develop self-awareness.</p> <p>To feel good about their own achievements.</p> <p>Develop self-confidence.</p> <p>To feel safe, secure and thrive when needs are met.</p>	<p>Develop physical skills needed for dressing and undressing.</p> <p>Learning about the body and how it works.</p> <p>Learning to recognise when nappy needs changing.</p>	<p>Listening skills – responding to what's being asked.</p> <p>To use gestures and words to indicate they need changing.</p> <p>Developing vocabulary – parts of the body, clothes, items needed for changing etc.</p>	<p>Words to songs and rhymes.</p> <p>Encouragement to use words, sounds and gestures.</p>	<p>An awareness of numbers and counting</p> <p>One-to-one correspondence "my basket" "baby's basket".</p>	<p>How objects feel.</p> <p>Show curiosity and interest in their bodies and bodily processes.</p>	<p>To be creative with words.</p> <p>To become more aware of patterns in everyday objects.</p>