



5 Simple Tips

To Support Your **Infant's** Social Emotional Health During



Diapering

- 1 Create a routine.**
"Hi Derry, you had a good nap! Let's check your diaper."
- 2 Know the signs.**
"Eli, I see you pulling on your diaper, do you need to be changed?"
- 3 Take time to Connect.**
"Look at that big smile Henry! You make mommy smile too!"
- 4 Offer choices.**
"Kia do you want the red ball or the bear to hold while Daddy changes you?"
- 5 Practice patience.**
"I know you don't like to be changed but we need to take good care of you. Mommy is almost done."

You Are Your Child's First Teacher!

Diapering is an every day routine that creates an opportunity for connecting with your infant. When you coo, babble and talk with your infant it sends a message that they are important. They love your voice and face! Creating a simple routine for diapering—doing some things the same every day, can help your infant know what to expect and will make the experience smoother for each of you, *"Daddy is going to change your diaper and sing our song and then we will go play with our toys!"*

