



## Diaper Changing Routine



**Description:** The Diaper Changing Routine visual support will help infants and toddlers become familiar with the routine and prepare for the diaper change. Each step of the diaper changing routine is displayed on an arrow with a picture of the step so the child can see one step at a time and anticipate which step will be coming next. The child can hold each arrow and place it in an empty wipe container when each step is completed.

Age appropriate: 6 months and older

### Materials:

- Cardstock paper
- Diaper changing routine typed
- Wipe container
- Pictures of child at each step in routine
- Laminator and sheets (\*optional)

### Instructions:

- Type diaper changing routine up for child (including: Diaper Change!, 1. Get new diaper, 2. Get wipes, 3. Lie down, 4. Pants off, 5. Diaper off, 6. Wipe bottom, 7. New diaper on, 8. Pants up, 9. All done- playtime!)
- Print out and cut each individual step
- Cut cardstock paper into arrow-shaped pieces
- Take and print pictures of your child for each routine step and paste onto each arrow-shaped cardstock piece with each step
- Laminate\* each arrow after gluing routine and picture down and cut out for baby to hold during the diaper change
- Store arrows in baby wipe container to prepare baby for activity and for baby to hold during each step of diaper routine

### Ways to Adapt:

- Can use notecards or construction paper instead of cardstock to make baby's diaper changing routine and store in a wipe container.
- Can adapt to use during potty training when child is older.

\*Useful to have pictures laminated for long lasting durability if baby rips or puts in mouth