

DAILY DIAPERING/TOILETING OPPORTUNITIES

18-24 Months Continued

- I can pull the toilet paper with my fingers. We can say words like “roll”, “spin”, and “wipe”. I am sure I need help to wipe, but I’d like to try.
- When I am finished, encourage me to step up on a stool or block to help me reach the sink. I want to learn the right way to wash my hands by holding the bar of soap or pushing the liquid soap from the bottle into my hand. I may need your help at first, but I am getting more coordinated.
- Help me to learn to turn my hands around each other to get really clean. I may even be able to turn the water on and off with help.
- Remind me what “hot” water is and what “cold” water is. Talk to me about how “hot” water can be dangerous.

24-36 Months

- I am growing and learning so fast. Becoming a big kid using the toilet makes me feel really good, but I still may have some accidents. Try not to get mad.
- Praise me when I do it right! I love using the potty!
- Encourage me to take my clothes up and down with my hands and fingers.
- Hand washing after each time is important. I can turn on/off the water, get soap, make lots of bubbles and use a towel to dry my hands.



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Everyday
Experiences
Make a...

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 Comprehensive System of
PERSONNEL DEVELOPMENT

DIAPERING/TOILETING

... Lifetime of Differences.

DAILY DIAPERING/TOILETING OPPORTUNITIES

Diapering and teaching me to use the toilet can be time consuming and inconvenient—but it occurs so frequently. We have a terrific opportunity, several times a day, to encourage body movement and development, strength and stability, balance, hands skills, and social skills. Make it less of a chore and more of a chance to grow!

0-4 Months

- Oh, how I love to be clean and dry and know that you are there to take care of me.
- I love to look at my diaper supplies. Show my diaper to me and move it in all directions so I can learn to my eyes to follow things.
- I feel good when you babble and talk to me as I get clean and dry.
- It feels so good to kick my legs and move my arms towards things that you show me.
- While I get a new diaper, help me to lift my legs and get my bottom up to make my legs and tummy strong.

4-6 Months

- I love to hold, poke, reach for, grab and wave at all these diaper supplies.
- I can hold the diaper with both hands while you clean my bottom.
- While you get the supplies, I can lay on my tummy to see myself in my mirror.
- I might like to pull out a baby wipe with my fingers to help you.
- Keep encouraging me to lift my legs and bottom while we are changing.
- Encourage me to roll from side to side by showing me interesting toys or diaper materials.
- I even like to play peek-a-boo with my feet!

6-9 Months

- Is there a little mirror I can hold to look at myself?
- I really want to be helpful, I can use my hands and fingers to hand you my lotion, a wipe or my diaper.
- Talk to me about being clean and dry and naming all my diaper items. I love learning new sounds and hearing new words.
- It feels so good when you rub that sweet smelling lotion all over my body.
- I may even be able to sit while you redress me. If you put my clothes just out of my reach, I can practice my balance and help to make my body and hands strong as I reach for everything and hand it to you.

9-12 Months

- I'm getting to know this routine. Can I please hand you what you need? I can pull the diapers out, pull out the wipes, and hand you my lotion.
- Stand me up on the floor. I'll hold onto the table while you fasten my clothes.
- I want to try to say words like "wet" and "dry".

12-15 Months

- Talk to me about changing my diaper.
- I am curious and my fingers are getting stronger. I can try to pull open fasteners like snaps, Velcro, and large zippers.

- I may even be able to pull off my diaper.
- While you watch and encourage me, I can try to twist the top of my lotion and squeeze a little out for you, flip open my wipes container, and shake some baby powder.
- I may not be able to lay down or sit the whole time. I can stand while you put on my diaper and finish dressing me. I want to be on the move.

15-18 Months

- Keep encouraging me to help with diapering.
- While I am standing, you can put out the materials I need, like clothes and changing supplies, and I can squat and reach down to get all the supplies we need and then I can reach up and hand them to you and help make my body stronger.
- I know it is hard to let me help, but my hands get stronger every time you let me open and shut or twist the caps and bottles of all my supplies.

18-24 Months

- I am beginning to tell you I need to be changed with words. I may even begin to tell you I need my diaper changed by pulling on my pants.
- Encourage me to sit and "try" on the potty.

Show me *the way to* achieve my best *each* day!