

# DIAPER CHANGES

## SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps them understand how things work and connect. Everyday routines—like playing outside, washing hands, or going to centers—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

**P**repare the child by telling them what you are going to do **before** you do it.



### PREPARE THE ENVIRONMENT

- Notice and adjust room lighting and sound.
- Provide wait time for the child to respond.
- Remember to think about using the child's best visual field.
- Think about opportunities to provide visual contrast.



### WHAT TO SAY

"Time to change your diaper, let's go to the table."  
 "Feel the wipe, it's wet."  
 "I hear your diaper crinkling."  
 "Shew-ee, this diaper smells stinky."  
 "Look, here's your diaper."  
 "All done, 1, 2, 3, up!"

### WHAT TO TRY

Help the child move to the table and get up.  
 Hand the wipe to the child to touch or hold.  
 Help the child crinkle the diaper.  
 Touch the child's nose.  
 Put the diaper in the child's vision and move it.  
 Lift the child up.

### WHAT TO TEACH

- Wet/dry
- Body parts
- Up/down
- All done
- Smells
- In/out
- On/off
- Clean/dirty
- Diaper/wipes
- Under/over

### WHAT TO WATCH FOR

- Becoming very still and relaxed
- Breathing changes
- Moving, rolling, reaching
- Widening eyes, making eye contact, smiling
- Making or imitating sounds or words



**E**nd diaper changes the **same** way each time so the child learns when they are done.