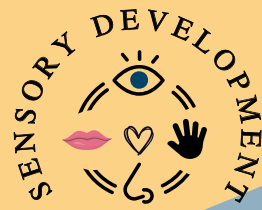




Collaboration with North Carolina Early Learning Sensory Support Program

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 build their understanding of how things work and connect to the people and things around them. Everyday routines—like getting dressed, mealtimes, or bathtime—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

Prepare your 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 your child to respond.
- Remember to think about using your child's best visual field.
- Think about opportunities to use visual contrast.

WHAT TO SAY

WHAT TO TRY

"Feel the wipe, it's wet."	Hand the wipe to your child to touch or hold.
"I hear your diaper crinkling."	Help your child crinkle the diaper.
"Shew-ee, this diaper smells stinky."	Touch the diaper to your child's nose.
"Look, here's your diaper."	Wiggle the diaper where your child can see it.
"I'm gonna get your belly, tickle tickle."	Put your child's hands on their belly.
"All done, 1, 2, 3, up!"	Lift your child up.



WHAT TO TEACH

WHAT TO WATCH FOR

- Wet/dry
- On/off
- Up/down
- Over/under, in/out
- Body parts
- All done
- Clean/dirty
- Diaper
- Wipes
- Powder
- Smells
- Tickle

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



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



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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