



DIAPERING & TOILETING

Diapering is an everyday routine you can use to connect with your child. When you coo, babble, and talk with your infant, you let them know you notice them, and that they are important. Your child will benefit from having a simple routine for diapering and toileting. This will help him know what to expect and help the experience go smoothly.

As your child gets older, she will take on new challenges, such as toileting. Each child moves at their own pace with toileting. You will need to learn your child's "cues" and find ways to support her. Toileting is rarely a straight path to success, but instead has many ups and downs. Your child may have some success, and then seem to take a step backward. You need to use patience and guide your child in loving ways. Using supporting, calming words and actions can help you and your child feel less frustrated.

	Infant/Toddler	Pre-K
<p>PROVIDE POSITIVE COMMENTS:</p> <ul style="list-style-type: none"> ■ Deliver at eye level. ■ Use your child's name. ■ Describe what you are seeing. Be specific. ■ Deliver with enthusiasm. ■ Deliver with a SMILE! 	<p>We are getting {Child's Name} fresh and clean!</p> <p>Thank you for coming with me to change your diaper the first time I asked.</p> <p>You showed me that you needed a diaper change. Way to go {Child's Name}!</p>	<p>{Child's Name}, I'm proud of you for using the potty!</p> <p>Thank you for telling me you needed to use the potty. You are doing that more often!</p> <p>Accidents happen {Child's Name}, it's okay. You are still learning!</p>
<p>OFFER CHOICES:</p> <ul style="list-style-type: none"> ■ Keep choices simple and fair. ■ Be sure the choices are available now. ■ When offering two choices, make both choices positive options for your child. 	<p>It's time to change your diaper {Child's Name}. Shall we change it downstairs or upstairs?</p> <p>You can take one of your cars with you while we change your diaper. Which one do you choose?</p> <p>{Child's Name}, do you want the diaper with the mouse on it or the cat?</p>	<p>Let's pick a song to sing on the way to the potty. How about the ABCs or Itsy-Bitsy Spider?</p> <p>Do you want to wash your hands by yourself or should we wash our hands together?</p> <p>{Child's Name}, do you want to flush or should I?</p>
<p>PROMOTE EMOTION VOCABULARY:</p> <ul style="list-style-type: none"> ■ Cover a range of emotions, both positive and negative. ■ Describe what your child is feeling in the moment. ■ Model by describing your own feelings. ■ Validate how your child is feeling. Do not tell your child how she "should" feel. 	<p>I love seeing you smile up at me while we get your clean diaper on. That makes us both feel happy!</p> <p>{Child's Name}, I know you want to be finished getting a new diaper on. I can tell it's hard to wait.</p> <p>Sometimes it is frustrating for me too when I must be still for a few minutes. You are handling your frustration so well!</p>	<p>I know it's hard to stop coloring to go to the potty because you really have fun coloring.</p> <p>I see {Child's Name}'s smile in the mirror! You know you did a great job flushing and washing your hands!</p> <p>I can see you are upset that you had an accident. It's okay, we will just get it cleaned up.</p>



DRESSING

Dressing is an important routine where you can connect with your child. In addition to dressing in the morning to start the day, and evening to get ready for bed, there are other dressing routines in every day. This includes putting on and taking off shoes, coats, and other garments. It can also involve other daily routines like hair care and toothbrushing.

Your child is learning independence as he learns to dress. Each day is a chance to see what new skills he is learning, what he can do on his own, and what he still needs a little bit or a lot of help to finish. Use encouraging language and point out the progress your child is making. This will help your child know that you like taking care of them and are excited when they learn to do something on their own! Offer choices and show patience so your child knows you see them trying.

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<p>OFFER CHOICES:</p> <ul style="list-style-type: none"> ■ Keep choices simple and fair. ■ Be sure the choices are available now. ■ When offering two choices, make both choices positive options for your child. 	<p>I will help you get dressed and then you can pick which sandals to wear, {Child's Name}.</p> <p>I think you've been fussing because you're too hot. I will change you into a cooler outfit.</p> <p>{Child's Name}, do you want help getting into your pajamas before we read stories or after?</p>	<p>Do you want to put on your shirt first or your pants?</p> <p>{Child's Name}, which teeth should we brush first today—top or bottom?</p> <p>{Child's Name} I am here to help you get dressed. Do you want to try putting your arms in your sleeves by yourself, or should we do it together?</p>
<p>PROMOTE EMOTION VOCABULARY:</p> <ul style="list-style-type: none"> ■ Cover a range of emotions, both positive and negative. ■ Describe what the child is feeling in the moment. ■ Model by describing your own feelings. ■ Validate how your child is feeling. Do not tell the child how she "should" feel. 	<p>{Child's Name} I know you are excited to see your brother. We are almost finished getting your clothes on.</p> <p>I see you smiling at yourself in the mirror {Child's Name}. I think you are happy with your colorful outfit!</p> <p>It is frustrating that I put this on inside-out and must start over. I am taking a deep breath.</p>	<p>{Child's Name}, I know you're mad that you have to wear a jacket today. It is raining out and we don't want your clothes to get wet.</p> <p>{Child's Name}, you look upset that your zipper is stuck. I know that can be frustrating.</p> <p>You look proud for fastening your pants yourself!</p>



SNACK AND MEAL TIME

You have many chances to connect with your child during snack and meal time. Meal time includes the time leading up to the meal, eating the meal, as well as the clean-up afterward. As these routines occur many times a day, every day, they are very good chances to bond with your child and help her learn new skills. Use these times to read your child's cues, talk, sing, ask questions, problem-solve, and laugh.

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<p>OFFER CHOICES:</p> <ul style="list-style-type: none"> ■ Keep choices simple and fair. ■ Be sure the choices are available now. ■ When offering two choices, make both choices positive options for your child. 	<p>You are turning your head away. I think you are telling me that you are finished.</p> <p>Can you point to the one you want? We have strawberries and mango. Which one should I cut up for you?</p> <p>Which should I feed you first—the yogurt or the applesauce?</p>	<p>It is time for breakfast {Child's Name}. Would you like to have cereal or waffles?</p> <p>{Child's Name}, do you want to have cornbread or rice with your dinner?</p> <p>{Child's Name}, would you like to sit next to your dad or your sister?</p>
<p>PROMOTE EMOTION VOCABULARY:</p> <ul style="list-style-type: none"> ■ Cover a range of emotions, both positive and negative. ■ Describe what your child is feeling in the moment. ■ Model by describing your own feelings. ■ Validate how your child is feeling. Do not tell the child how she "should" feel. 	<p>I can tell that you did not like the taste of that!</p> <p>Yay, {Child's Name}, you're clapping! You are happy it is lunch time!</p> <p>I am having trouble getting the jar open which is making me frustrated. Thank you for being patient, your food is coming.</p>	<p>I am so proud of you {Child's Name} for trying something new at dinner.</p> <p>You have pudding all over your face {Child's Name}—how silly!</p> <p>I know your favorite show is not over yet {Child's Name}. It must be disappointing to have to turn it off to eat.</p>



PLAY TIME

Your child learns as he plays and explores. When you join in the play, it builds your relationship and further supports your child's growing brain! Play time may include pretend play, outdoor play, sensory play, and storytelling. Play time can be planned, or spontaneous! Play time is a chance for you to follow your child's lead and see where her imagination takes her. You are connecting with your child every time you are enjoying each other's company.

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<p>OFFER CHOICES:</p> <ul style="list-style-type: none"> ■ Keep choices simple and fair. ■ Be sure the choices are available now. ■ When offering two choices, make both choices positive options for your child. 	<p>It is tummy time. I wonder if baby will roll today! I see you leaning like you might.</p> <p>I put your toes in the water and you smiled {Child's Name}. I think you like your kiddie pool! Should we dip your fingers next or toes again?</p> <p>You cannot hold my phone right now because we are at the park. Shall we play on the swings or try the slide?</p>	<p>When we get home, shall we play with costumes or dance to music?</p> <p>You're getting out the play dough which is so fun and a little messy. Do you want to wear a smock or move it to the table outside?</p> <p>{Child's Name}, you have five more minutes to play before it is time for a rest. Do you want to keep playing with animals or do a puzzle?</p>
<p>PROMOTE EMOTION VOCABULARY:</p> <ul style="list-style-type: none"> ■ Cover a range of emotions, both positive and negative. ■ Describe what your child is feeling in the moment. ■ Model by describing your own feelings. ■ Validate how your child is feeling. Do not tell the child how she "should" feel. 	<p>I love your giggles, {Child's Name}!</p> <p>It is frustrating when you cannot get the ring on the holder.</p> <p>I know tummy time makes you tired. We are almost finished.</p>	<p>Oh {Child's Name}, I'm so sorry you fell down. I'll come give you a kiss.</p> <p>I can see it made you mad when your sister took the horse. What words can you use to talk about it?</p> <p>Wow I can tell you are having fun playing with your friend. You are both laughing and running around!</p>



BATH TIME

There are so many chances to connect during bath time! Bath time can include heading into the bathroom, undressing, washing body parts, playing in the tub, getting out of the tub, drying off, brushing teeth, and getting dressed! Bath time can be a comforting routine that helps your child get ready for the day or get ready to settle down for the night. Bath time is a time for you to talk and play with your child, teach her new things, and foster her independence.

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<p>PROVIDE POSITIVE COMMENTS:</p> <ul style="list-style-type: none"> ■ Deliver at eye level. ■ Use your child's name. ■ Describe what you are seeing. Be specific. ■ Deliver with enthusiasm. ■ Deliver with a SMILE! 	<p>Wow, {Child's Name}, you came into the bathroom all by yourself!</p> <p>{Child's Name}, that's your tummy! You're helping to wash your tummy!</p> <p>Thank you {Child's Name} for holding onto me while we got you into the tub.</p>	<p>You are being so patient while I get you all clean.</p> <p>Okay {Child's Name} you are all done washing. Now it's time to play!</p> <p>That was so fun playing with the bubbles. We were both smiling and happy!</p>
<p>OFFER CHOICES:</p> <ul style="list-style-type: none"> ■ Keep choices simple and fair. ■ Be sure the choices are available now. ■ When offering two choices, make both choices positive options for the child. 	<p>{Child's Name}, do you want to wash your hair first or your body?</p> <p>Do you want to hold the cup or shall I?</p> <p>Which song should I sing to you while you bathe? Twinkle, Twinkle Little Star or The Wheels on the Bus?</p>	<p>{Child's Name}, do you want to bring your boats or your animal toys to the tub?</p> <p>Would you like to wash your belly or have me do it?</p> <p>{Child's Name}, which towel do you want to dry off with, the striped one or the one with flowers?</p>
<p>PROMOTE EMOTION VOCABULARY:</p> <ul style="list-style-type: none"> ■ Cover a range of emotions, both positive and negative. ■ Describe what the child is feeling in the moment. ■ Model by describing your own feelings. ■ Validate how the child is feeling. Do not tell the child how she "should" feel. 	<p>{Child's Name}, I know you are disappointed we couldn't find your (favorite bath toy). I'm disappointed too.</p> <p>{Child's Name}, you had a nice warm bath. You must feel so relaxed and ready for bed.</p> <p>It's cold when you're all wet. I am drying you off as fast as I can!</p>	<p>Oh my {Child's Name}, you poured water on your head! You are so silly.</p> <p>You are being so brave letting me rinse your hair. I know you are worried about getting soap in your eyes. I am keeping them covered to protect you!</p> <p>I am having so much fun playing with the boat together. I love spending time with you {Child's Name}!</p>