DIAPER TIME IS TALK TIME

Talk, read, and sing during diaper time.

Talk, read, and sing with your children—right from the start. It builds young brains and prepares them for success in school and in life.

Diaper time is a perfect opportunity for you to bond, talk, sing, smile, and giggle with your baby. Here are fun, simple tips to keep in mind to help you make small moments—like diaper time—big!
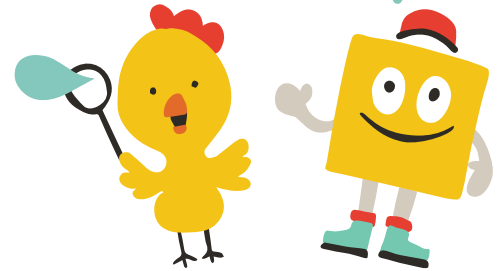
- **Connect.** Look your baby in the eye and smile as you change her diaper—your loving expression lets her know you care.

- **Share back-and-forth conversations.** Even if your baby doesn't say words yet, listen to the sounds he makes and respond.

- **Use words to describe what you are doing.** You might say, "Now, I'm lifting your tiny feet up, up, up…and now I'm putting them back down, down, down."

- **Tune into your baby's feelings.** You might ask, "How do you feel?" Use words like happy, sad, or tired.

- **Play peek-a-boo with your baby.** Make it fun and silly.

- **Sing together.** Sing "Heads, Shoulders, Knees, and Toes" as you point to your baby's body parts.

- **Make up a fun song.** Your baby loves to hear her name so try adding it to the song.

- **Count together.** As you speak, wiggle your baby's toes or fingers. Your gentle voice and touch helps him feel loved.

Encourage your friends, family, and community of parents and caregivers to promote children's early brain and language development by sharing special diaper-changing moments on social media with **#DiaperTimeTalkTime**.

For more tips and information on the benefits of talking, reading, and singing with your baby, please visit **talkingisteaching.org**. These materials are made available through your local diaper bank. Visit **nationaldiaperbanknetwork.org** to learn more.

TOO **SMALL** TO FAIL

National Diaper Bank Network

CNY DiAPER BANK

TALK READ SING
TALKING IS TEACHING.ORG

DIAPER TIME SONGS

Hang this up somewhere you often change your baby's diaper to remind you of fun ways to talk, sing, and play.

WHEELS ON THE BUS

Wheels on the bus go round and round
Round and round, round and round
The wheels on the bus go round and round
All 'round the town

The wipers on the bus go swish, swish, swish
Swish, swish, swish, swish, swish, swish
The wipers on the bus go swish, swish, swish
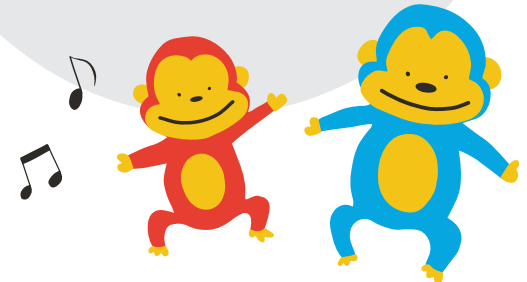All 'round the town

HEADS, SHOULDERS, KNEES, AND TOES

Head, shoulders, knees, and toes,
Knees and toes.

Head, shoulders, knees, and toes,
Knees and toes.

And eyes, and ears, and mouth,
And nose.

Head, shoulders, knees, and toes,
Knees and toes.

_____'S DIAPER TIME ROUTINE

Our favorite song to sing together is: _____.

Our favorite game to play during diaper time is: _____.

LET'S KEEP TALKING, READING, AND SINGING!