

Early Language in everyday activities

Nappy Change time/Toileting

Pretend play

You and your child can change a favourite toy's nappy or do the toileting routine. You can put a real nappy or pants on them, or just pretend! Model the words as you do the actions together.

I spy

For older children, while sitting on the potty or toilet, you could play I spy. You could do by function of the object e.g. something we use for drying, something we wash our hands with, something we get water from, etc.

Vocabulary

This routine is a good one for verbs / action words, describing words or concepts and sequencing.



Action words – wiping, cleaning, drying, pulling (toilet paper, clothes off), pushing (chain/button, legs back in clothes), laying (down), sitting, standing, turning (taps), putting (in the bin), washing (hands) dressing.

Describing words / concepts – wet, dry, clean, dirty. Clothing – stripey, woolly etc.

Sequencing – **first** we take your trousers off, **next** we take off your nappy, **then** we wipe your bum, **then** we put your new nappy on and **last** we put your trousers on.

Tickle time

Nappy change can be a nice time for having tickles! You could sing/say 'Round and round the garden' on their hand or tummy, or 'This little piggy' on their toes.

You could tickle and name different **body parts** – toes, tummy, legs, arms, cheeks etc

Be a bit silly

Try being a bit silly and **do things wrong**, see if your child can correct you e.g. try and sit the toy on the toilet backwards or put the nappy on your child's head, their socks back on their hands!

Suggested Books to support nappy change time

I really really need a wee (Karl Newson)
 Goldilocks and the three potties (Leigh Hodgkinson)
 No more nappies (Marion Cocklico)
 Pip and Posy: The Little Puddle (Axel Scheffler)
 Don't go there! (Jeanne Willis)

Tip: You don't have to 'read' the books, you can enjoy looking at the pictures, or making up your own stories!

Suggested rhymes to support nappy change time

Sitting on the potty
 The nappy change song

(words of the rhymes are included on page 2)

Tip: Be as creative as you like, Experiment with words.



Nappy



Toilet



Why not pay a visit to your local [Library](#)! Southampton Library Service are working together with the Speech & Language Consultant to offer a supply of suggested books in local libraries. **Anyone can join the library – it's free! Call in to your local library or join online: [Southampton | Libraries](#)**
(please have ID with you to get your Library Card)

You can borrow up to 20 books each time and swap them as often as you like. SCC Libraries don't charge for any damage to books by children and there are no fines for late returns.

Reading with your child is a great way to encourage speech, language and listening skills, **and visiting the library together is a free and fun activity!**

Sitting on the Potty

<https://www.youtube.com/watch?v=RQFMyof650> (NB there is an advert first)

If your child is using the toilet you can change the words to toilet instead

Look at me
Sitting on the potty / toilet
Tweedle dee
Sitting on the potty / toilet
I'm a big kid
Sitting on the potty / toilet
It's potty / toilet time



The Nappy change song

<https://www.youtube.com/watch?v=sIS9cfK31xY>

Lie on your back
Put your feet in the air
Have a wriggle and a giggle
Like you just don't care
You've done a poo / You've done a wee
Let's sort you out
Let's get you clean
With a fresh nappy we can be tickling your feet
With a fresh nappy we can be dancing to the beat
With a fresh nappy we can be anything you dream
But first let's get you clean!



You could come up with your own ideas of what you can do with a fresh nappy!

Website that may be of interest for advice on toileting:

[ERIC - The Children's Bowel & Bladder Charity](#)