

# Nappy change and chat

## Nappy times are communication times, so you can talk to your baby from the day they are born.

Nappy times can be the first time your baby will learn about taking turns in conversations. This helps develop a good foundation for communication later on.

Talk, listen and respond to your baby. They are looking at you and responsive to you. When they smile or cry, you respond, and when you smile they respond. So remember, for babies to develop a good foundation for communication, they need your H.E.L.P:

- **HAPPY:** Remember to be happy and make nappy times fun. Sing songs and rhymes, smile and give your child time to respond to you.
- **EXPRESSIVE:** Babies are active learners and learn through their senses at this time. Use facial expressions, be as expressive as you can and enjoy your time with your baby.
- **LOVING:** Nappy times are intimate times and babies need you to be loving and responsive, helping them to feel safe and secure. This will help to build their emotional and personal skills in the future, which are vital for their overall development.
- **PREPARE:** We know that nappies and babies are unpredictable, and they may need changing at any moment, anywhere! However, as far as possible, try to be prepared and organised, with everything you need easily accessible. This will allow you and your baby to have more time to communicate, sing songs, and have FUN!



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