



**Birth –
1 year**

 **3-5
mins**

Nappy Time

- Clear activity descriptions
- Suggested age range
- Activity duration
- When/where to play the game
- Developmental focus
- Safety information

Nappy Talk

Talk and sing to your baby each time you change his nappy. Also try making funny faces or gently shaking a rattle – giving your baby these experiences will help him to:

- communicate
- feel loved and special
- relax at nappy time.

Smiling, singing and laughing can reduce stress. 'Nappy Talk' can help tired parents relax, too.



Baby Safety

Always keep a hand on your baby during nappy changes – your baby may roll over for the very first time on a change table or bed.



Turn over for more...

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A Listening & Talking Activity

Card# I-L1

A newborn baby responds to faces at about 25 centimetres. Most infants will try to mimic facial expressions and sounds within the first week of life.

The patterns and rhythms in conversation and music promote:

- listening skills
- speech expression
- language development.

Talking to your baby also helps him to become social and to express his emotions. As well, your baby will try to follow you with his eyes as you change his nappy. This ability is important for healthy eye development.

Baby Tip

Your baby's first year is a critical time for healthy eye development – a nurse at your Early Childhood Centre will test your baby's eyes.

Activity Links

Other Listening & Talking activities: **Goodnight Bedroom (I-L2)** and **Gotcha! (I-L3)**.

Baby Skills

- Listening
- Mimicking
- Building attachment & trust
- Eye contact
- Eye development

Nursery Rhymes

Incy Wincy Spider

The incy wincy spider
Climbed up the water spout.
Down came the rain and
Washed the spider out.
Out came the sun and
Dried up all the rain.
So the incy wincy spider
Climbed up the spout again.

Jelly in the Bowl

Jelly in the bowl,
Jelly in the bowl,
Wibble wobble, wibble wobble,
Jelly in the bowl!

Round and Round the Garden

Round and round the garden,
Like a teddy bear.
One step, two steps,
Tickle you under there!

- Early childhood development information
- Parent tips
- Links to other PlayPower Cards
- Learning skills
- Nursery rhymes
- More ideas & games