



# Supporting Positioning & Participation

During

## Diapering & Dressing

Dressing and diaper changing are part of daily routines, but they can be challenging for children with complex needs and their caregivers. Try the ideas below to help your child participate during these activities.

### Help Your Child Participate in Diapering & Dressing

- Help your child roll or sit up as needed.
- Support your child as they climb onto the changing surface.

*If your child needs additional support, talk to your service provider about assistive technology options in your area.*

### Make Diapering & Dressing a Fun Learning Experience

- Give your child a job:
  - Play with a wipe
  - Push an arm through a sleeve
  - Carry the diaper to the trash
- Offer choices when dressing (watch for your child's eye gaze or gestures if they can't yet point or speak).
- Describe what your child is doing and what has their attention.
- Provide your child something interesting to look at or hold.

*If you're concerned about head preference, position your baby so they must look to their non-preferred side.*

### Stay Comfortable

- Adjust the height of the surface to avoid bending over.
- Bend with your knees when picking up your child.



**A**lways stay with your child during  
diapering and dressing.



Family, Infant and Preschool Program  
of the  
J. Iverson Riddle Developmental Center



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