

Nappy Time

Nappy changing is a great time for your child to develop their motor skills.



- ① Give your child a special toy to play with whilst you are getting ready to change their nappy.
- ② Hang up a mobile for them to look at when you are changing them. Make sure it is just out of reach.
- ③ When the change is over hold your baby close to the mobile so they can touch it.

Please see overleaf, for instructions on how to make your own mobiles.



Please remember to recycle this activity

Make your own cot & pram mobiles



You'll need

Lightweight card in a range of colours –
*we suggest pink, yellow, orange
and black*

Fine ribbon – *we suggest 3mm wide satin
in blue and yellow*

Sharp scissors

Glue – eg. Pritt Stick

Felt tip pens and/or crayons

Hole puncher

It's super-easy to make a toy that will catch your baby's attention, and make the most of his developing understanding.

- 1 Draw round a glass or a cup to make a circle, add a couple of curves on each side for the ears, and then cut out as many circles as you want in the colours you're using for the faces.
- 2 Design some hairstyles for your faces, and draw them on contrasting card and cut out. Have fun, and make boys and girls with different styles.
- 3 Stick your hairstyles on to the card circles with the glue. You can use some of the ribbon to adorn the hair, if you like.
- 4 Draw the eyes, nose and mouth on with your pens or crayons. Keep the features bold and striking – they don't have to look realistic.
- 5 Use the hole puncher to make a hole in the top of the head.
- 6 Take a length of ribbon and thread it through the hole, tying a knot at the head end to prevent the face from sliding. Tie a further knot at the top so the ends of the ribbon come together.

You can pin or tie the faces, one, two or three at a time, onto a baby gym, so they hang down where he can see them. They can hang from his pushchair hood or cot mobile.

Note: these mobile faces are not safe for a baby to play with directly. You must be sure to hang them where he can't reach them, unless you are actively watching him.