

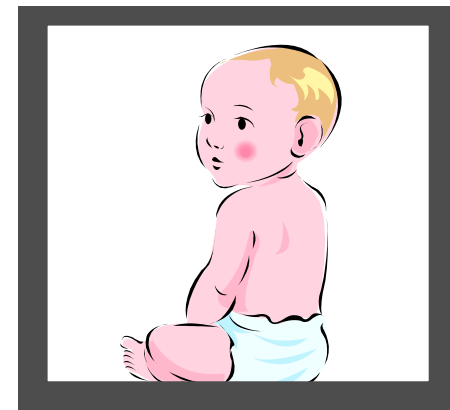


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# Diaper and Dressing Rhymes



for  
**Baby**

## Why are songs and rhymes important?

### Your baby learns through his or her senses.

Singing and rhyming with your baby are important because so many of his or her senses are being activated.

Your baby:

- **feels** warm and safe
- **hears** your voice
- **sees** your *(most special!)* face

### Your baby learns through repetition.

Singing the same songs, saying the same rhymes and reading the same stories over and over again helps your baby form patterns and understandings about language.

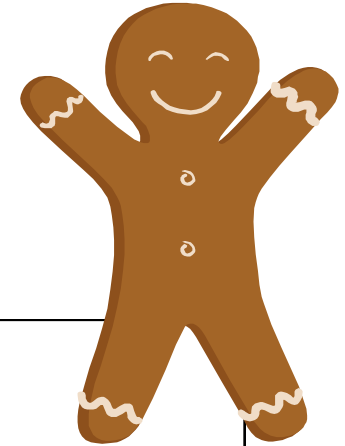
### Your baby learns through physical and social interaction.

Playing games that require physical interaction with your baby, like “Peek-a-boo” or tickle rhymes, help your baby learn.

### Your baby learns by being talked to and by trying to talk to you.

Talking with your baby throughout the day about everything you do will help your baby learn language.

**Research shows that knowing songs and rhymes at age three is related to how well a child reads at age six.**



## Gingerbread Man

*Fun to say when dressing a baby.*

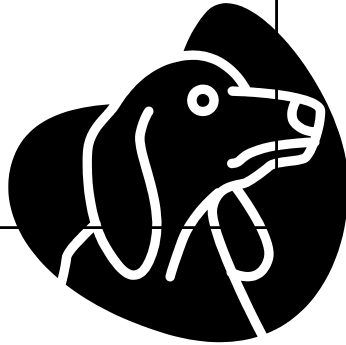
Mix and stir and pat in the pan.  
I'm going to make you a gingerbread man.  
*(Run your hands over the baby, patting and "shaping")*  
With a nose so neat,  
And a smile so sweet,  
*(Touch nose and trace smile on the baby's mouth.)*  
And gingerbread shoes on gingerbread feet.  
*(Pat the baby's feet.)*

## Leg Over Leg

*Once this rhyme becomes familiar, babies wait in delighted anticipation for the “lift” at the end. Baby lies with feet facing you.*

Leg over leg,  
The dog went to Dover.  
*(Hold baby’s feet and cross them, one over the other, back and forth.)*  
When he came to a stile,  
*(Keep crossing.)*  
Whoops! He went over!  
*(Put your hand under the baby’s bottom and lift gently.)*

*Toddlers like to sit on a lap with their feet facing outward. At “whoops” you and the child lean way back.*



## Cheek Chin

*A diaper changing rhyme.*

Cheek, chin, cheek, chin  
*(Touch baby as you say rhyme.)*  
Cheek, chin, NOSE  
Cheek, chin, cheek, chin  
Cheek, chin, TOES  
Cheek, chin, cheek chin  
Cheek, chin, UP BABY GOES!  
*(Lift baby’s bottom and slip diaper underneath.)*



## Shoe the Wild Horse

*A barefoot rhyme for babies who like to get a sense of just where their feet are. Great for putting socks on wiggly feet.*

Shoe the wild horse,  
*(Tap firmly but gently on the baby's heel with the side of your closed fist.)*  
Shoe the wild mare.  
*(Tap on the ball of baby's foot.)*  
But let the little colty,  
Go bare, bare, bare.  
*(Stroke the sole of baby's foot firmly enough that it doesn't tickle.)*

## Ring the Bell

Ring the bell.  
*(Pull baby's ear.)*  
Knock at the door.  
*(Tap baby's head.)*  
Peek in.  
*(Lift up baby's shirt.)*  
Lift the latch.  
*(Hold up baby's arm.)*  
And walk in.  
*(Walk fingers under baby's arm.)*  
Let's run down to the cellar.  
*(Tickle down to tummy.)*  
And eat apples.



## I Can Make a Baby Smile

*Sung to: "The Muffin Man"*

I can make a baby smile,  
A baby smile, a baby smile.  
I can make a baby smile,  
When I tickle her toes.

I can make a baby smile,  
A baby smile, a baby smile.  
I can make a baby smile,  
When I tickle her nose.





## Two Thumbs Up

*A great diapering tune*

Two thumbs up,  
Two thumbs down.  
*(Hold baby's thumbs up, then down.)*  
My two thumbs go round and round.  
*(Help baby rotate thumbs around each other in a waterwheel motion.)*  
Faster, faster, faster,  
*(Rotate thumbs quickly.)*  
Slowly, slowly, slowly,  
*(Rotate thumbs slowly.)*  
Stop.  
*(Clap hands.)*

*Repeat verses with hands, feet, arms, legs, elbows, etc.*



## On My Foot

*A rhyme for diapering or dressing your baby.*

On my foot, there is a flea!  
*(Start at toes and walk fingers up and down baby's body as you say this rhyme.)*  
Now its climbing up on me!  
Past my belly,  
Past my nose,  
On my head,  
Where my hair grows!

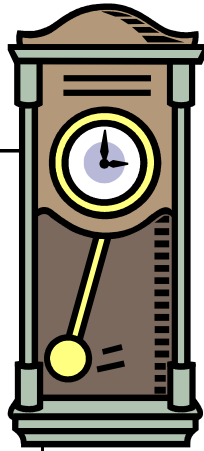
On my head, there is a flea!  
Now its climbing down on me!  
Past my belly,  
Past my knee,  
On my toe,  
Take that you flea!  
*(Tickle or tap baby's toes.)*



## The Grandfather Clock

*A diapering rhyme.*

The grandfather clock goes,  
Tick tock, tick tock, tick tock.  
*(Swing one of baby's legs back and forth.)*  
The kitchen clock goes,  
Tick tock, tick tock, tick tock.  
*(Swing baby's other leg back and forth.)*  
And mommy's little watch goes,  
Tickatocktickatocktickatock.  
*(Tickle baby all over.)*



## This Little Boy Goes into the Tunnel

*This rhyme can help with the task of putting a shirt on, over a little boy's or girl's head.*

This little boy goes into the tunnel.  
*(Begin to put shirt over head.)*  
Knock, knock, knock.  
*(Tap lightly on the top of his head.)*  
Up he comes, and up he comes,  
And out the top!  
*(Pull shirt down until his head emerges.)*

## Big Toe

*Wiggle each toe in turn as you say this rhyme.*

Big toe,  
Tall toe,  
Middle toe strong,  
Funny toe,  
Little toe,  
Bongity, bong, BONG.  
*(Clap hands lightly against sole of baby's foot)*

