

## Bath and Diapers

It can be stressful for little ones to be naked and cold! To make bath and diaper time more positive and relaxing, try soothing your child with songs and rhymes! Try any of your child's favourite songs too!

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### Leg over Leg

*(Tune: Frere Jacques)*

Leg over leg,

*Cross legs*

The dog went to Dover;

When he came to a stile,

Jump, he went over.

*Lift legs up*

### Changing Diapers

Changing diapers, changing diapers

Lots of fun! Lots of fun!

Now you're not so stinky.

Now you're not so stinky.

Nice clean bum. Nice clean bum.

### Scrub Your Dirty Hands

*(Tune: Farmer in the Dell)*

Scrub your dirty hands

Scrub your dirty hands

Scrubba dubba

Scrubba dubba

Scrub your dirty hands

*Repeat with other body parts*

### Shoe the Little Horsie

Shoe the little horsie

*tap on one foot*

shoe the little mare

*tap on other foot*

but let the little colt go

bare, bare, bare!

*Pat bottom*

**Spread the words.**

**This is the Way We Wash Our Hair**

*(Tune: Here We Go 'Round the Mulberry Bush )*

This is the way we wash our hair

wash our hair

wash our hair

This is the way we wash our hair

On a warm and sleepy evening

*Repeat with other body parts*