

Stand-Up Diapering: A Montessori-Aligned Approach

Stand-up diapering is a respectful, developmentally appropriate alternative to traditional diaper changes. It gives toddlers more independence, participation, and body awareness—while reducing daily struggles and supporting future toilet learning.

Supplies to Prepare

- ☐ Pull-apart diapers (disposable or side-snapping cloth)
- ☐ Wipes or washable cloths
- ☐ Small step stool or low bar for stability
- ☐ Trash can or diaper pail nearby
- ☐ Clean set of clothes at toddler height
- ☐ Storage bin/shelf for toddler to access supplies
- ☐ Mirror (optional, but helpful for body awareness)

Words to Say (Consistent Prompts)

- ☐ "Touch the floor."
- ☐ "Hold the stool."
- ☐ "Let's take off your diaper."
- ☐ "Now we wipe to keep your body clean."
- ☐ "Do you want to stand here or hold the wipe?"
- ☐ "Let's throw it in the trash."

Skills You're Building

- ☐ Independence & autonomy
- ☐ Motor coordination
- ☐ Body awareness
- ☐ Language development
- ☐ Confidence in hygiene routines

☐ Readiness for potty learning



Optional Notes Section

Want more Montessori-aligned parenting tips, printables, and practical tools for toddler independence?

Visit www.montessoritinyhands.com to explore guides, checklists, and resources that actually work.