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# THE DIAPER: HOW TO CHANGE IT

## WHAT YOU'LL NEED BEFORE YOU BEGIN

- Changing table or other soft, stable surface
- Newborn-sized cloth or disposable diapers – opened and ready for use
- Baby wipes
- Diaper cream
- A baby (male or female)

## YOU SHOULD KNOW

- Newborns will wet themselves up to 20 times each day. While there is no need to change the diaper every time, you should change it about every 2-3 hours.
- Newborns will go through about 10 diapers every day.

## WORDS OF WARNING

- Always keep your eyes and one hand on the baby at ALL times.
- Do not use baby powder. Against everything you may have learned, it does NOT prevent or treat diaper rash. In fact, the little dust particles can be harmful to your baby's lungs. To prevent diaper rash, keep your baby's bottom clean and dry with frequent changings.
- Baby boys have been known to urinate during diaper changes. To avoid being hit by a stream of pee, place a soft cloth over his penis until you get the diaper in place.

## STEP 1 – RELEASING THE DIAPER

Once you have organized all your diapering supplies, place your tot on his or her back and untape the dirty diaper but do NOT remove it. It's not clear if it is due to nervous tension or simply an act of rebellion, but babies often pee or poo while they are being changed. You can avoid any gross accidents by keeping the dirty diaper under your baby's bottom until step 3.

## STEP 2 – CLEANING THE BOTTOM

Clean junior's bottom by wiping gently with a baby wipe. Remember to clean from front to back to avoid bringing any poop up to the genitals. To prevent diaper rash, let the area dry thoroughly. You can use cream to moisturize the bottom, but it isn't necessary for every changing.

## STEP 3 – DIAPERING THE BABE

Gently lift your baby's legs to remove the dirty diaper. Quickly place a clean, opened diaper under your tot's bottom. The side with the tape should go underneath. Pull the front of the diaper between your baby's legs and, holding it down on his/her tummy with one hand, use your other hand to untape one side and secure it to the front of the diaper. Repeat for the other side of the diaper. Make sure that the diaper is not too loose or too tight. You should be able to place two fingers inside the top of the front of the diaper. You can always untape one side of the diaper if you need to adjust the tightness. And that's it! However, if you are still having difficulties, you can always consult the directions on the packaging of the diapers you have purchased.