

# Changing disposable diapers: in pictures

## Changing disposable diapers: getting ready



Before changing disposable diapers, make sure you have everything you need within reach. This includes a fresh diaper, baby cream, baby wipes or washcloths, and some water.



Lay baby down on a changing mat. If she grizzles, sing her a song or offer her a favourite toy. If you're using a change table, always keep your hands on baby so she doesn't fall.

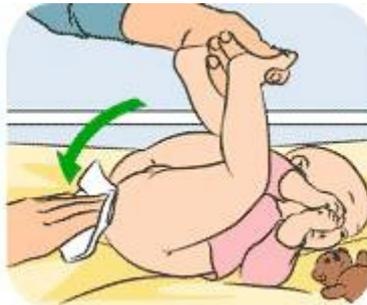


Undress baby's bottom half and unfasten the diaper. Have a spare cloth handy in case baby urinates. Use the front of the diaper to wipe off any poo, then fold the diaper tightly to stop spills.

## Cleaning baby's bottom



Gently cleanse baby's bottom using baby wipes, a damp washcloth or wet cotton wool.

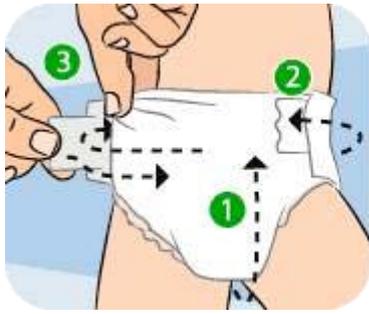


To wipe the back of baby's bottom, hold baby by the legs with your fingers between the ankles. Gently lift until baby's bottom is slightly off the mat. Always wipe front to back. Pat baby's skin dry, or leave it to air-dry for a few moments.



Put on some baby cream. This can help to reduce diaper rash, especially if baby has sensitive skin. Talcum powder isn't recommended.

## Putting on clean disposable diapers



Open a clean diaper, with fastening tabs towards the top. Lift baby up by the ankles and slip the diaper beneath her bottom. Fold the front flap up, tuck it firmly around baby's waist and secure each tab. You should be able to fit two fingers into the waist band. Don't cover the belly button in newborns.



Once you've dressed baby, secure her in a bouncer or cot or let her play on a clean blanket on the floor. Then get rid of the dirty diaper and wash your hands.



Never leave a baby unattended on a change table. Babies can roll off in seconds. If you have to take your eyes off baby, keep your hands on her.