

MEDICLINIC baby

A STEP BY STEP GUIDE ON HOW TO CHANGE A DISPOSABLE DIAPER

PREPARATION:

- Wash and dry your hands, using a baby wipe if you like
- Set up a warm, clean and dry area to change your baby – a changing table or clean changing cloth on a soft, warm surface
- Prepare your supplies, including a clean diaper and plenty of wipes. If your baby is prone to diaper rash, keep ointment or nappy rash cream on hand



STEP 1

- Unfasten the dirty diaper, but don't remove it yet



STEP 2

- Use the front half of diaper to wipe away any poop
- If your baby is a boy, cover his penis with clean cloth to avoid him urinating on either of you
- Grasp your baby by the ankles and gently lift his/her bottom off the changing table



STEP 3

- Fold the dirty diaper in half under your baby, clean side up
- Lift both of your baby's legs and clean the bottom with a wipe. Apply ointment or nappy rash cream, if needed
- Use a baby wipe to thoroughly clean your baby's front. For a girl, be sure to wipe from front to back to avoid infection



STEP 4

- Remove the dirty diaper. Position the back half of the clean diaper under your baby's bottom and the front half between the legs (spread as wide as seems comfortable)
- Try not to bunch the diaper between your baby's legs, it can cause chafing and discomfort. For newborns, avoid covering the umbilical cord



STEP 5

- Fasten the diaper securely, making sure it's snug but not so tight that it pinches your baby's skin. Check manufacturer's instructions for specific tips
- After disposing of the dirty diaper, dress your baby and wash your hands thoroughly

THAT'S IT - YOU'RE DONE!