

Postpartum



ARTICLE

Disposable-diaper-changing routine

You're going to do a lot of diaper changing over the next few months, so here's a helpful diaper-changing routine. Check it off

and make every diaper change smooth like your child's bottom.

2 mins

to read

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Routine

- Gather everything you need before you start: Changing mat; clean towel; clean diaper; cotton balls; cooled boiled water (to dip the cotton balls in) or fragrance- and alcohol-free wipes; barrier cream.
- Place the towel on the changing mat, lie your child on the towel.
- If you're using a changing table, keep your eyes on junior all the time — they can wriggle a lot.
- Singing or chatting to your child can help to soothe and calm them.
- Undo the dirty diaper. If it's full, use it to remove most of the mess.
- Clean your child's bottom with the wet cotton balls or wipes. Wipe front to back for a girl, back to front for a boy.
- Pat your child's bottom dry with the towel.
- Gently lift your child's legs with one hand and put the clean diaper (with the tabs at the back) under their bottom with the other.
- Apply a barrier cream if your child's bottom looks red or sore.
- Fold the front of the diaper up to child's waist and fasten the tabs on the sides.
- Wash and moisturize your hands after every diaper change.