



Making Diapering Work for Your Baby and You

Let's make diaper changing time the best it can – for both of us.



Figuring It Out Together

A few basic steps can help make changing time safer, healthier, and easier.

Diapering Basics for a Baby



Choose a safe spot.

There are many flat, clean surfaces that will work just fine. Anything from a changing table to a cleared dresser top or floor can work.



Be prepared.

Have your supplies within easy reach. Warm water and cotton balls (if he has sensitive skin), wipes, diaper rash cream (if needed), a clean diaper, and a little extra patience.



Keep one hand on baby at all times.

Even a newborn can surprise you and roll off a table or the bed.



Wipe from front to back – never from back to front.

You won't spread bacteria that can cause urinary tract infections, especially in little girls, when you follow this rule. Don't forget to get underneath and to clean the creases in those little legs and that sweet bottom.



Place a clean cloth or diaper over your little boy's penis – or get out your umbrella.

Being uncovered, out in the air, often causes baby boys to urinate.



If you find marks on baby's legs or waist, the diapers you are using are too small, or you are closing them too tightly.

Try them a little looser next time, and, if that doesn't work, try the next bigger size. Talk with your home visitor about possible places to get diapers at low or no-cost, like a diaper bank or community-based pantries.



Another idea you want to try?



To Prevent or Treat Diaper Rash



Change diapers often and right after bowel movements.

Laying or sitting urine and feces will irritate baby's tender bottom.



Clean gently.

Use a cotton ball or clean soft cloth and warm water. Dab gently instead of rubbing back and forth. If necessary, use mild soap. Avoid wipes when baby has a rash because they may burn or irritate his skin.



Diaper ointment.

Check with the baby's healthcare provider to see what will protect your baby's skin and help it heal.



Let your baby go diaper-less – as much as possible.

For example, let him play on a waterproof tablecloth covered with cloth. Or place an absorbent dish drying mat under his sheet in his crib.



Make a plan with other adults.

If your child has diaper rash and is going to child care, make sure his providers know what to use to care for his tender bottom.