

Diaper changing tips

- No one is an instant expert at diapering. And each baby has his own opinion about the process. Some will lie still, some will wiggle, some will kick and scream - and some will do all three. Here are some tips to make diapering a snap.
- Find a sturdy changing surface.
A table or the floor is a good place. There's less bending, crouching, and kneeling with a table. But a floor is always handy—and your baby can never fall off. If you use a changing table, get one that elevates your baby to about waist height.
- Keep a hand on the baby.
Never turn your back on your baby when he's on the changing table. Keep one hand on his at all times—it will make both of you feel more secure.
- Adjust the diaper for newborns.
Until your baby's umbilical cord stump falls off, buy diapers with the cord area cut out. Or fold down the diaper to leave the area open to the air.
- Consider using a washcloth.
For the first few months your baby's skin may be sensitive to the ointments or lotions in prepackaged wipes. You may choose to use a warm, clean, soft washcloth to gently wipe his bottom.
- Clean thoroughly.
Wiping your baby's bottom clean will help prevent diaper rashes and keep him smelling baby-fresh. When wiping, always wipe from front to back, which helps reduce the chance of spreading infections from stools.
- Prevent diaper rash.
If your baby gets a diaper rash, apply a diaper ointment, which will soothe his bottom and provide a protective barrier to guard against further irritation.
- With boys, watch out.
To avoid being splashed if your baby boy starts to urinate while you're diapering him, place a soft cloth over his penis until you can get the diaper positioned correctly.
- Disposable diapers:
Go for a snug fit. When fastening a disposable diaper, make sure it's not too tight. You don't want to constrict your baby's tummy. But left too loose, even the most elasticised disposable will leak.
- Cloth diapers:
Secure the diaper with safety pins. To prevent a pin from sticking your baby, keep your fingers between the pin and your baby's skin—better that you get stuck than the baby. And always check the pin to make sure it's secure. Add protective plastic, nylon pants, or a diaper cover for added waterproofing.