



DIAPER USE

As a new mother, feeding and changing can seem to take up most of your time. It's not your imagination: babies may use as many as 10 diapers a day. Diaper changing may *seem* complicated at first, but all it takes is a little practice, of which you'll be getting lots!

General Guidelines

- Before you begin, **gather a few supplies:**
 - Clean diaper
 - Fasteners (if you are using cloth diapers)
 - Container of warm water and cotton balls (for newborns or babies with sensitive skin) or a clean washcloth or diaper wipes (for older babies or those who aren't sensitive to wipes)
 - Spare washcloth for patting baby dry after wiping
 - Diaper ointment (for rashes)
 - Changing pad or a spare cloth diaper for placing under your baby if you are not using a changing table
 - Optional: spare diaper to place over your little boy's penis
 - Use EPA-registered sanitizing wipes or a disinfectant spray to clean and sanitize the changing table or surface after each use.
- Babies should **never be left unattended**, even for a second. Even a newborn is able to roll, so make sure your supplies are within easy reach.
- Since a baby who is preoccupied won't wiggle and squirm, **give the baby something to look at** while being changed — such as an unbreakable mirror or a colorful picture. Later on, when baby is able to grasp objects, keep favorite toys close at hand.
- Once you are ready, **unfasten the soiled diaper** and hold your baby's legs up by grasping both ankles with one hand. Remove the soiled diaper and set it aside, out of baby's reach. Clean baby thoroughly (See Tips for Proper Wiping at right).
- For boys, it's a good idea to place a **clean diaper over the penis** during changing. Exposure to air often causes baby boys to urinate — on you, the walls, or anything else within range. When you're done cleaning the baby, place the penis in a **downward position** before fastening the clean diaper. This will help prevent leaks at the waistline.

- **If your baby's umbilical cord stump has not fallen off yet**, fold down the waistline of the diaper to keep that area dry.
- **If you find any marks** around your baby's legs and waist, the diaper was too tight. Go for a looser fit next time.
- **If a rash develops** at the diaper openings around your baby's leg and waist, change the brand of diaper you're using (or switch detergent, if using cloth diapers). Sometimes babies become sensitive to certain brands of diapers or laundry soap.
- **Thoroughly clean and disinfect the changing surface** with an EPA-registered sanitizing wipe or disinfectant spray.
- Always **wash your hands well** after changing your baby's diaper to prevent the spread of germs.

Tips for Proper Wiping

- Using cotton balls, a wet washcloth, or baby wipes, gently wipe your baby clean **from the front to the back**.
 - Never wipe from back to front, especially on girls, or you could spread the bacteria from the rectum forward. This could cause a urinary tract infection.
- You may want to **lift the baby's legs** to get a better reach. Don't forget the creases in the thighs and buttocks.
- Once you've finished wiping, **pat your baby dry** with a clean washcloth.
- Apply any **jelly, cream, or powder** you're going to use. Any lotions or creams should be used on buttocks or upper thighs only, not on genitals, unless specifically instructed to do so by your healthcare provider.

Using Disposable Diapers

In addition to the General Guidelines beginning on page 16, here are tips specifically for those using disposable diapers.

- **Open the diaper** and slide it under your baby while gently lifting his or her legs and feet. Pull the diaper up between baby's legs, making sure it's on straight, so it will wrap evenly around baby's hips. The back part with the **adhesive strips** should be about level with your baby's belly button.
- Raise the front part of the diaper the rest of the way up between your baby's legs, and **onto his or her belly**.
- Next, open the adhesive tabs, place them over the front of the diaper, and **press them down firmly** in place. Be careful not to stick the tape onto your baby's skin.
 - For a snug fit, fasten the side closest to you first. Then roll your baby gently toward you to tighten and fasten the other side.
 - Try to keep the overlap of front and back as neat as possible, so the diaper will hug baby's waist comfortably.

Disposing of Disposable Diapers

- Dispose of bowel movements in the toilet, and then throw the diaper in the trash.
- Empty garbage regularly (about once a day). Not only does this prevent a stinky diaper pail — it also prevents the growth of bacteria.

Odor Tip: A Note About Disposable Diapers

To neutralize odors from **used disposable diapers**, sprinkle baking soda onto dirty disposable diapers in the diaper pail.

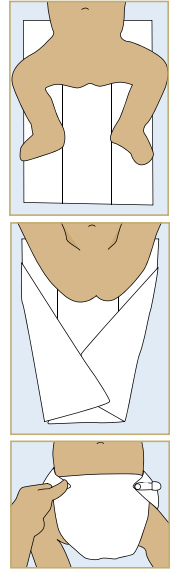
Using Cloth Diapers

Although most parents choose disposable diapers because of their convenience, some parents opt for cloth diapers. If you choose cloth diapers, here are additional tips, to be used along with the General Guidelines on page 16. And remember — always keep your changing table or diapering area clean and sanitized, as this is where germs can be spread.

Folding Tips

- Fold the cloth diaper **into a rectangle**.
- Position the **diaper under your baby**, with the long sides facing the same direction as your baby. Bring the bottom up onto your baby's belly. Pull one side around from the back and fasten with a safety pin, then do the same with the other side.
- Use **oversized pins with plastic safety heads**. Keep your hand between the pin and your baby's skin to prevent pricking. Or, use **diaper tape** that comes in a dispenser.
- **Wet diapers** can be tossed right into the diaper pail, but **soiled diapers** should be emptied into the toilet first, especially if your baby is formula-fed or is on solids. You may also choose to spray the diapers with water and baking soda for better odor control.

Cloth Diapering



Cleaning Cloth Diapers

If you use cloth diapers and don't have a diaper service, keeping the right supplies on hand will make laundering easier. **Always wash diapers separate from other laundry.**

Supplies Needed:

- Pail with a cover
- Baking soda
- Borax
- Bleach

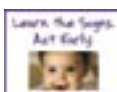
Step by Step:

1. Fill the diaper pail with 2 quarts of warm water and $\frac{1}{2}$ cup of baking soda.
2. Rinse dirty diapers, and then place them in the diaper pail.
3. When ready to launder, run diapers through **two wash cycles**.
 - a. On the first, use **mild detergent, hot water, and bleach**. Harsh detergents can cause diaper rash.
 - b. On the second, use **just hot water**.
 - You can add baking soda to the final rinse, which helps soften the fabric.
 - Avoid antistatic products or fabric softeners, which can cause rashes on babies' sensitive skin.

➔ *For More Information . . .*

Diapering: www.kidshealth.org and www.huggieshappybaby.com

Deodorizing the Diaper Pail: www.armandhammer.com



The Centers for Disease Control and Prevention's
"Learn the Signs. Act Early." Campaign

