



## How to change a nappy

You will probably change your baby's nappy over 4000 times. Make changing nappies easy and trouble-free by following these simple steps.

### STEP 1 – Set up a nappy-changing area

Choose a clean, safe area to change the nappy such as a change table, bed or the floor. Place everything that you will need within easy reach for you, but well out of your baby's reach.

You will need:	
	Clean nappy
	Cotton wool and water or wet washcloth or baby wipes
	Barrier preparation (if applicable)
	Rubbish bin or nappy pail

If you are changing your baby on a raised surface, be sure there is some form of roll-off protection such as a waist belt or raised sides and ends. If not, make sure you always keep one hand on your baby.

**Remember:** Never leave your child unattended on a change table or furniture.

### STEP 2 – Decide when to change the nappy

Ideally you should change your baby's nappy immediately after a bowel motion or at the first sign of wetness. However, this may not always be practical. Try to change disposable nappies every 3–4 hours during the day and cloth nappies every 2 hours. It is usually not necessary to wake a sleeping baby to change nappies.

**Remember:** Each child's tolerance of dirty nappies is different.

### STEP 3 – Remove the dirty nappy

Lay your baby on a flat surface and fasten the waist belt if one is available. Remove clothing that covers the nappy.

With your baby's legs flat, unfasten and unfold the dirty nappy. Hold on to your baby's ankles using one hand and lift the legs until the bottom is raised slightly. With your free hand, fold the dirty nappy so that the soiled area is covered.

### STEP 4 – Clean the nappy area

With your baby's bottom still raised, use your free hand to clean the nappy area from front to back. For a wet nappy, rinsing with lukewarm water alone is sufficient. For a soiled nappy, you can use a non-irritating, soap-free cleanser.

If you choose to use commercial wipes, only use the wipes on healthy-appearing skin and ensure they do not contain alcohol, preservatives, additives, fragrances or aloe.

Your doctor, child health nurse or pharmacist can help you choose an appropriate cleanser.

**Remember:** Avoid scrubbing and excessive cleansing as this may irritate the skin.

### STEP 5 – Apply a barrier preparation (if applicable)

You may want to apply a barrier preparation at each nappy change to treat or prevent nappy rash. Smear a layer on all skin that comes in contact with the nappy.

Ingredients to avoid:	Use only if directed by a healthcare professional:
Aloe	Antifungals
Essential oils	Antiseptics
Fragrances	Hydrocortisone
Herbals	
Preservatives	

**Remember:** Your doctor, child health nurse or pharmacist can help you choose an appropriate barrier preparation.

### STEP 6 – Put on a clean nappy

While still holding your baby up, slide the dirty nappy out from underneath and set aside. Place a clean nappy underneath your baby's bottom. Gently lower your baby onto the new nappy. Fold the nappy and fasten it in place.

### STEP 7 – Clean up

Disposable nappies can be wrapped up into a tight bundle using the sticky tabs and then placed in a nappy pail or rubbish bin.

Cloth nappies for home-laundering should be placed in a nappy pail with sanitising solution in preparation for washing. First scrape any faeces off into the toilet. Wash the nappies in a washing machine on the hot cycle and then dry in a dryer. Alternatively, you may use a nappy-cleaning service.

Wash your hands and clean the change-area surface. Store supplies out of your child's reach.

**Remember:** A nappy pail should be fitted with a tamper-proof lid.

**That's it! With practice, you will soon be an expert and able to change a nappy in your sleep.**