

# Disposable nappy changing routine

Over the next few months, you're going to do a lot of nappy changes. So, here's a helpful nappy change advice list, to make every nappy change smooth like a baby's bottom.

## **Gather everything you need before you start:**

- ☐ Changing mat
- ☐ Clean towel
- ☐ Clean nappy
- ☐ Cotton wool
- ☐ Cooled boiled water (to dip the wool in), or fragrance and alcohol-free wipes
- ☐ Barrier cream

-  Place the towel on your changing mat, lie your baby on the towel.
-  If you're using a changing table keep your eyes on baby all the time. They can wriggle a lot.
-  Singing or chatting to your baby can help to soothe and calm them.
-  Undo the dirty nappy. If it's full use it to remove most of the mess.
-  Clean your baby's bottom with the wet cotton wool or wipes. Wipe front to back for a girl, back to front for a boy.
-  Pat your baby's bottom dry with the towel.
-  Gently lift your baby's legs with one hand and put the clean nappy (with the tabs at the back) under their bottom with the other.
-  Consider applying a barrier cream if your baby's bottom looks red or sore.
-  Fold the front of the nappy up to their waist and fasten the tabs on the sides.
-  Wash and moisturise your hands after every nappy change.