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.