

# An Easy Guide to Diapering

Diapering should be a special time for the caregiver and baby. This is a chance for the child to bond with you and have your full attention. Yet diapering is sometimes a messy job, so proper hygiene is essential to protect the child's and your own health.

## The Diapering Area

A well maintained diapering area is important to healthy, safe and easy diaper changing.

- Create an area off the floor only for diapering. Use a changing surface that is non-absorbent.
- Place the area near running water, but away from any food handling spaces.
- Use a plastic lined, covered, foot operated waste receptacle for all diapering waste.

## Diapering the Child

### 1. Getting organized.

- Wash hands and gather needed supplies before bringing the child to the diapering area. (Nonabsorbent paper liner, fresh diaper, wipes, disposable gloves, diaper cream.)

### 2. Carry child to the changing table.

- Always keep one hand on the child.
- Apply gloves.
- Avoid contact with soiled clothing. Place soiled cloths in a plastic bag to be taken home.
- Remove shoes and socks if child's feet cannot be kept out of diaper.

### 3. Clean the child's diaper area.

- Place child on diapering surface and unfasten diaper leaving it under the child.
- Lift the child's legs to use wipes to clean.
- Wipe from front to back using a fresh wipes.
- Dispose of soiled wipes.

### 4. Remove the soiled diaper.

- Avoid contaminating any surface.
- Fold soiled diaper and dispose.
- Remove gloves and dispose.
- Fold paper under child if spills are present.

### 5. Put a clean diaper on the child and dress.

- Use a tissue to apply necessary creams.



### 6. Wash the child's hands and return child to a safe area.

- Use soap and water at the sink if possible.
- If the child is too heavy to hold or cannot stand at the sink wash hands with paper towels.

### 7. Clean and sanitize the diaper changing area.

- Dispose paper liner.
- Wash any visible soil with soapy water, rinse and then sanitize surface. Leave sanitizer on for at least 2 minutes.

### 8. Wash hands & record diaper change.

## Talking Points for Parents

- Emphasize proper hand washing after diapering.
- Tell parents daily about the number of wet and dirty diapers and any changes in patterns. This can give clues to the child's health.

## Social and Learning Opportunities

Here are some things to remember to make diapering a special time:

- Focus your attention on the child,
- Treat the child with respect, and
- Talk with the child about what you are doing and what the child is experiencing. This encourages language skills and helps build confidence.



## Resources:

American Academy of Pediatrics [www.aap.org/bookstore](http://www.aap.org/bookstore)  
Information consistent with *Caring for our Children 2002*:  
<http://nrc.uchsc.edu>