

# HAPPYBOTTOMS.ORG

Diapers for KC families in need.

Choose a safe location. Use the same place in your home every time, if you can. It's cleaner and everything's there!

Strap your baby in securely on a public changing table, even if you are just doing a quick change.

Use one of your diaper wipes to wipe down that public changing table. 'nuff said!

Be prepared. Start with everything you need, so you don't have to search for things.

Have a toy ready to distract the baby, so he won't fuss and flail as much.

Wipe carefully. With a girl, always wipe from front to back to prevent infections. Check all those crevices!

Boys: use a cloth to cover his penis so you don't get sprayed!

Roll up the diaper carefully, seal with tabs, and toss right away into a covered trash can or diaper pail.

Wash your own hands right away, after EVERY diaper, with soap and water, or you can use alcohol-based gel.

Wash off your baby's hands (and feet, too!) once you're done. No telling what they've touched!

Clean and disinfect the changing area. Regularly wipe down the changing table and diaper pail with soap and water or a disinfectant.

Wash the diaper pad cover regularly. If you don't have enough spares, lay a receiving blanket over the pad during changes.

Keep a big changing pad in your diaper bag, for cleaner and more comfortable changes on the go.

Carry plastic bags with you to dispose of the diapers when you can't find a trash can right away.

Be sure to wash your diaper bag occasionally – it will get germ, too.

For more tips and information visit [www.happybottoms.org](http://www.happybottoms.org)

HEALTHY DIAPERING TIPS  
provided by Mother & Child Health Coalition  
[www.mchc.net](http://www.mchc.net)

