

DIAPERING TIPS

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 germey, too.