

## 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 they 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.