



A GUIDE
TO DIAPERING
LIKE A PRO



DIAPERING TIPS

Here are 11 simple steps
to conquer diaper changing like a pro

01 Gather supplies:

Get your diapers, wipes, and diaper cream ready for action.

03 Remove clothing:

Undress your baby exposing the diaper region for battle.



02 Prepare the changing area:

Lay your baby on a clean, dry surface, preferably a changing table with safety straps to keep them secure.

04 Lift-off:

Lift your baby's legs with one hand and slide a clean diaper underneath them, preparing for the changing touchdown.

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DIAPERING TIPS

05 Detach and fold:

Unfasten the dirty diaper, tuck it under your baby's bottom, and fold it to create a wipe-catching shield.

06 Wiping technique: Wipe from front to back, especially for girls, ensuring you clean all the precious skin folds. Lift their legs high to reach every corner.

07 Dispose of the dirty diaper:

Roll up the defeated diaper, securing its tabs to seal its fate.



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08 Give them air time:

If the situation allows, let your baby's bottom breathe for a moment, giving them some fresh air.

09 Apply diaper cream:

Use diaper cream as a protective barrier against diaper rash if needed, ensuring your baby's delicate skin stays irritation-free.

10 Secure the new diaper:

Fasten the new diaper, making sure it is snug and ready to handle any messy missions. If your baby's umbilical cord is still healing, fold down the front of the diaper to protect it.

11 Handwashing finale:

After the epic diaper-changing battle, wash your hands thoroughly to complete the mission with cleanliness and hygiene.

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