



Diapering an Infant (Cloth)

How to diaper an infant using cloth diapers:

1. Keep the infant in a safe place, such as an infant seat, while you gather supplies: disposable gloves, water-resistant pad, cloth diaper, and baby wipes or washcloth.
2. Wash your hands and put on disposable gloves.



3. Place a water-resistant pad under the infant by lifting his or her legs with one hand and sliding the pad under the infant's bottom with the other.
4. Remove the infant's rubber pants. Unfasten and remove the pins from the cloth diaper, keeping the pins out of the infant's reach.
5. Remove the dirty diaper by lifting the infant's legs or hips high enough to slide the dirty diaper away. Fold the dirty diaper so the mess is on the inside. Set the dirty diaper aside, out of the infant's reach.
6. Clean the infant's bottom with baby wipes or a washcloth. Always clean from front to back, and be sure to get in between the folds of the skin to remove any mess or urine. Wipe gently. If a boy, keep him covered with a washcloth or baby wipe to avoid being sprayed.
7. Fold the clean diaper. If a boy, fold the top edge down so that the fold is face down in the front. If a girl, fold the diaper so the fold is face down in the back. Hold the infant's legs up with one hand and slide the clean diaper under the infant's bottom with the other hand.
8. Pull the front of the diaper in between the infant's legs. Bring the back of the diaper sides around the infant and on top of the front at each side. Hold your fingers between the diaper and the infant and secure the pins on each side. The diaper should fit snugly, but not too tightly.
9. Put the rubber pants on over the cloth diaper.
10. Clean out the dirty diaper by disposing of feces in the toilet. Place the dirty diaper in the diaper pail. Wipe the water-resistant pad with a clean baby wipe and discard in the trash. Remove your disposable gloves and discard in the trash.



11. Place the infant in a safe location, such as an infant seat. Wash your hands, and then wash his or her hands with a clean cloth.

Diaper safety:

1. Never leave the infant unattended, even for a moment. Infants can easily wiggle off changing tables and get hurt. Use the safety straps on the changing table to help secure the infant.
2. If the infant tends to squirm, distract him or her with a toy, or talk or sing to him or her.