



Diapering an Infant (Disposable)

How to diaper an infant using disposable diapers:

1. Keep the infant in a safe place, such as an infant seat, while you gather supplies: disposable gloves, water-resistant pad, disposable diaper, baby wipes or washcloth, and plastic bag.



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. Peel back the fasteners on either side of the dirty diaper. Remove the dirty diaper by lifting the infant's legs or hips high enough to slide the dirty diaper away. Fold the fasteners back over the dirty diaper and set aside, out of the infant's reach.
5. 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.

6. Unfold the clean diaper and slide it under the infant by holding his or her legs up with one hand and sliding the diaper under the infant's bottom with the other hand. Be sure the fasteners on the clean diaper are on the bottom and are about even with the infant's belly button.



7. Pull the front of the clean diaper up between the infant's legs. If a boy, place the penis in a downward position before fastening the diaper. This helps



prevent leaks from creeping above the waistline. Secure the diaper by peeling back the fasteners on either side of the diaper, bringing them around to overlap the front of the diaper, and attaching them to the front of the diaper.

8. Place the dirty diaper in a plastic bag. Wipe the water-resistant pad with a clean baby wipe and discard it in the bag. Remove your disposable gloves and discard them in the bag.
9. 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.