

How to Change Your Baby's Nappy



By Rachel Waddilove

For Beaming Baby

Changing your baby's nappy can be complicated – with Rachel's help, your life will be a little bit easier!

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

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How to Change a Nappy

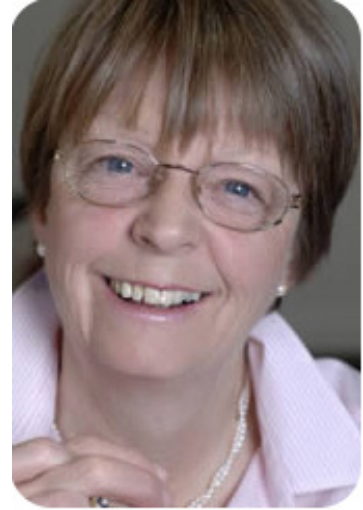
- Lie your baby on her back on her changing mat.
- Undo her vest and tuck it up out of the way.
- Open the nappy.
- If the nappy is dirty, wipe away poo from front to back with the nappy.
- Lift both her legs at the ankles with one hand.
- Take off her nappy and wrap it up well to contain the poo.
- Wash her bottom thoroughly with cotton wool and water from front to back.
- Dry her off with a towel.
- Let her bottom air-dry for a few minutes without the nappy on.
- Lift both her legs up together with one hand.
- Place the nappy under her bottom.
- If using a barrier cream, put a little on at this stage.
- Do her nappy up.
- Leave two to three fingers' space at the waistband to ensure that it is not too tight.
- Put the dirty nappy in a nappy sack for disposal or a nappy bucket for washing.
- Wash your hands.

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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info@beamingbaby.com

www.beamingbaby.co.uk

Free Helpline: 0800 0345 672

00 (44) 1803 712 779