

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".

How to Change Your Baby's Nappy

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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