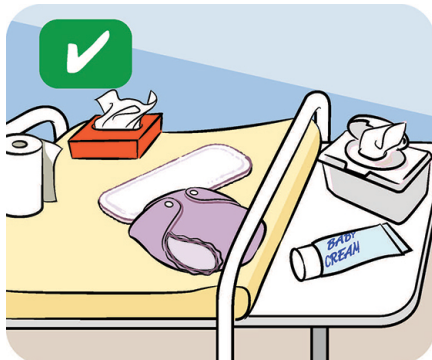


Changing a nappy

Changing a nappy: getting started



Before changing a nappy, make sure you have everything you need, like a clean nappy, baby cream, baby wipes or washcloths, nappy liners and water.

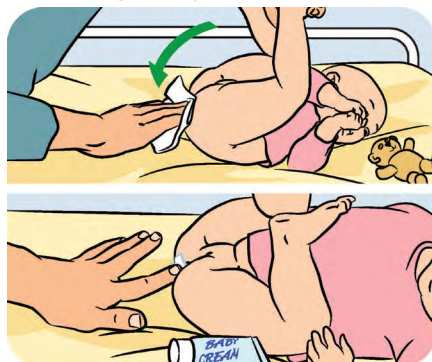


Lay baby down on a changing mat. If baby grizzles, [sing a song](#) or offer a toy. If you're using a change table, always keep your hands on baby to avoid falls.

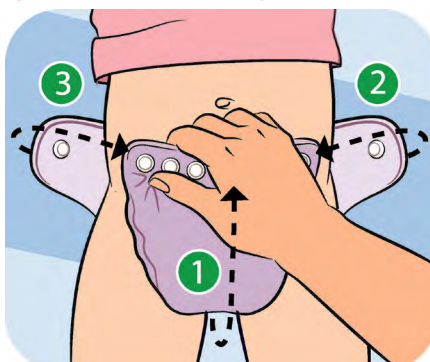


Undress baby's bottom half and undo the nappy. Have a spare cloth handy in case baby wees. Use the front of the nappy to wipe off poo. Fold the nappy tightly to stop spills.

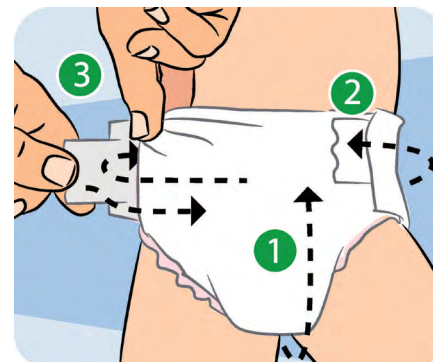
Cleaning baby's bottom and putting on a clean nappy



Lift baby's bottom and gently clean with wipes, a damp washcloth or damp cotton wool. Always wipe front to back. Put on nappy cream.



Cloth nappies: hold baby's legs up and put a clean nappy beneath baby's bottom. Follow manufacturer instructions for fitting the nappy. Don't cover newborn belly buttons.



Disposable nappies: hold baby's legs up and put a clean nappy beneath baby's bottom. Fold the front flap up, tuck it around baby's waist and attach tabs. Don't cover newborn belly buttons.

After a nappy change: safety and washing



Never leave a baby unattended on a change table. Babies can roll off in seconds.



Once baby is clean and dressed, put baby somewhere safe, like in a bouncer or cot or on the floor. Then get rid of the dirty nappy and wash your hands.



You need to change cloth nappies often. It's useful to have a clean set ready to use while the dirty nappies are in the wash.