

Nappy Changing Tips

You'll need to keep your baby's bottom clean and dry to avoid soreness and nappy rash. Here we look at your choice of nappies and discuss some baby changing tactics.

For the next few years' nappies are going to play a big part in your life, so it's important to find a nappy that suits both your baby and your lifestyle.

Nappy choices

Nappies come in a wide variety of types, styles and sizes, but the basic choice is between disposables and washables.

Disposables

These work by drawing moisture away from the skin into an absorbent material so that the baby's bottom is kept dry. They are available in a choice of sizes and come in unisex styles that are held in place by self-adhesive tapes. You need to buy disposables that are the correct size for your baby's weight. Despite their name, they are not usually 100 per cent disposable. Dirty nappies need to be wrapped and put in the bin, or alternatively you can use a portable unit that wraps and stores nappies for several days so that they can be disposed of in bulk.

Washables

These are made from cloth, such as towelling, and are either flat – you fold them to the required shape yourself – pre-shaped, or come as an all-in-one nappy system. The nappies are held in place with nappy clips, Velcro-like fasteners or poppers. All, apart from all-in-one nappies, which come complete, require waterproof wraps and can be used with one-way disposable liners. These nappies have the advantage of being a once-only buy as they can be washed and re-used. However, you do need to consider the additional work involved and the cost of laundering them.

Changing tactics

Whichever type of nappy you use the technique for changing and cleaning, your baby's bottom is the same.

- 👉 Change your baby whenever he is wet or dirty.
- 👉 Lay your baby on a folded towel or changing mat – make sure he can't roll off if he's on a raised surface.
- 👉 Remove the soiled nappy and clean his bottom thoroughly, using warm water and cotton wool – a baby wipe or baby lotion can be used to finish cleaning the nappy area.
- 👉 Make sure your baby's bottom is dry before putting on the clean nappy.

Nappy rash

This is caused by prolonged contact of urine or faeces with the skin. You can help to prevent it by changing and cleansing your baby's bottom frequently. Specially formulated creams can be used to heal and soothe damaged skin– these should be applied to clean, dry skin before the nappy is replaced. Let your baby have some nappy-free kicking time each day – this will allow the air to get to his bottom, which will help to keep the skin healthy. Nappy rash may be caused by thrush, in which case an antifungal cream will need to be prescribed by your GP or health visitor.