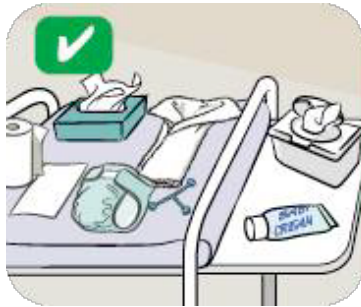


# Changing a cloth diaper: in pictures

## Changing cloth diapers: getting ready



Before changing cloth diapers, make sure you have everything you need within reach. This includes a fresh diaper, diaper liners, baby cream, baby wipes or washcloths, and some water.



Lay baby down on a changing mat. If she grizzles, sing a song or offer her a favourite toy. If you're using a change table, always keep one hand on baby so she doesn't fall. Never leave baby unattended.



Undress baby's bottom half, then undo the diaper. Have a spare cloth handy in case baby urinates. Use the front of the diaper to wipe off any poo, then fold the diaper tightly to stop spills.

## Cleaning bottoms and putting on clean cloth diapers



Lift baby's bottom and gently clean the area with baby wipes, a damp wash-cloth or wet cotton wool. Always wipe front to back. Put on some diaper cream. Talcum powder isn't recommended.



Take a new cloth diaper with a liner. Slip it under your baby, then fasten it using clips, velcro or press studs. Don't cover the belly button in newborns.



If you use diaper covers, make sure to cover the whole diaper to avoid leaks. Check the diaper and cover aren't too tight. You should be able to fit two fingers into the waist band.

## Changing cloth diapers: handy tips



Once you've dressed your baby, put her in a bouncer or cot or let her play on a clean blanket on the floor. Then get rid of the dirty diaper and wash your hands.



When travelling, carry spare cloth diapers, clips, liners, covers, baby cream and waterproof bags.



You might need to change cloth diapers more often than disposables – it could be 6-7 times a day.