

We Skoolhouse \_\_\_\_\_



# Diapering Guidelines for **The Home**



# Maximizing Everyday Diaper Changes

Diaper changes offer caregivers a unique opportunity to foster a deep emotional connection with their infants. By making eye contact, smiling, and engaging in conversation or singing during these routine tasks, caregivers can instill a sense of security and trust in their little ones. Gentle touches and massages during diaper changes not only promote relaxation but also stimulate sensory development, contributing to a happier, more well-rounded baby. Playful moments, such as tickling the belly or blowing gentle raspberries, can turn diaper changes into delightful bonding experiences filled with giggles and smiles. Lastly, maintaining eye contact and mirroring expressions allows infants to learn valuable social cues from their caregivers.



Creating an enjoyable diaper-changing routine involves patience, a calm demeanor, and the use of gentle, hypoallergenic products to ensure the baby's comfort. Consistency in the routine helps infants anticipate the transition from playtime to care, setting the stage for secure attachment. These moments, though seemingly routine, hold immense significance in building a strong and enduring bond between caregivers and their infants, enriching both their emotional well-being and developmental journey.

# Diaper Changing Steps at Home



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

01

## Step 1: Place Child on Changing Surface

- Greet the child and gently lift them onto the diaper changing surface, supporting the head and neck as needed.



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## Step 2: Eye Contact

- Maintain eye contact throughout the entire diapering interaction.



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## Step 3: Talk to Child

- Describe what is happening in real time as all the steps of the diaper change are being performed.



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## Step 4: Clean Child

- Place the child on diapering surface and unfasten diaper.
- Clean the child's diaper area with fresh baby wipes. Remember to always wipe from front to back!
- Keep dirty diaper/clothing away from any surfaces that cannot be easily cleaned.



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## Step 5: Remove Dirty Diaper

- Set the used baby wipes in the dirty diaper.
- Place the dirty diaper and used baby wipes in a plastic-lined, lidded trash can.



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## Step 6: Replace Diaper

- Slide a fresh diaper under the child.
- Apply diaper cream, if needed.
- Fasten the diaper and dress the child.





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### Step 7: Engage in Simple Play

- Engage in simple play like peak-a-boo, counting on the hands, blowing bubbles on the tummy, crossing of legs, etc.

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### Step 8: Administer Massage

- Massage child at least once a day on the head, legs & tummy.

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### Step 9: Wash Child's Hands

- Wash child's hands with soap and water and place him or her in a safe, supervised area.



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### Step 10: Clean Diapering Surface

- If diapering surface is waterproof, wipe up any visible soil with damp paper towels or a baby wipe. Then scrub with a disinfectant and allow surface to air dry.
- If diapering surface has a fabric cover, remove the soiled cover and replace it with a fresh one.



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### Step 11: Clean Diapering Surface

- If diapering surface is waterproof, wipe up any visible soil with damp paper towels or a baby wipe. Then scrub with a disinfectant and allow surface to air dry.
- If diapering surface has a fabric cover, remove the soiled cover and replace it with a fresh one.



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### Step 12: Wash Your Hands

- Wash your hands thoroughly with soap and water.

