

Ready, Set, Change!

Now that you have everything nearby, just add baby and you're ready for action.

Place baby on her back on the changing pad, and free her legs from clothing. Undo the sides of her dirty diaper, using one hand to lift her ankles and another to gently pull away the soiled diaper. Keeping one hand on baby, clean baby's bottom, paying particular attention to those little creases. Cleanse a girl from front to back, so her genital area will be free of germs. While cleansing a boy, drape a cloth diaper or paper towel over his genitals to keep from being sprayed. Then wipe clean his genital area.

When you're ready to put a clean diaper on baby, lift your little one's legs and spread the diaper beneath baby's bottom, keeping it straight and wrapped evenly around hips. (Carefully diaper a boy by tucking his penis in a downward position to prevent leaks around the waist.) Open the tabs and first fasten the side closest to you. Then roll baby toward you to fasten the other side, keeping the overlap as neat, even and comfy as possible.

Diaper Bags

Your infant will need to be changed often, so if you're on the go a lot (and what parent isn't?), a diaper bag is a must! It's a convenient way to carry all of baby's essentials, and it's available in many fabrics & styles.

Diaper Bag Must-Haves

Having a diaper bag filled with necessary items will make your outings with baby more pleasant and less stressful. Below, we've listed a few items that every well-stocked bag will have.

For The First 6 Months

- Diapers
- Wipes
- Rash Ointment
- Changing Pad
- Change of Clothes
- Washcloth
- Burp Cloth
- Lightweight Blanket
- Bottled Water
- Plastic Baggies
- Toy and/or Book
- Bottle & Formula (if not breastfeeding)
- Bibs (two)
- Hats (winter & sun)
- Disposable Camera (in a sealed plastic baggie)
- \$20 (just in case)



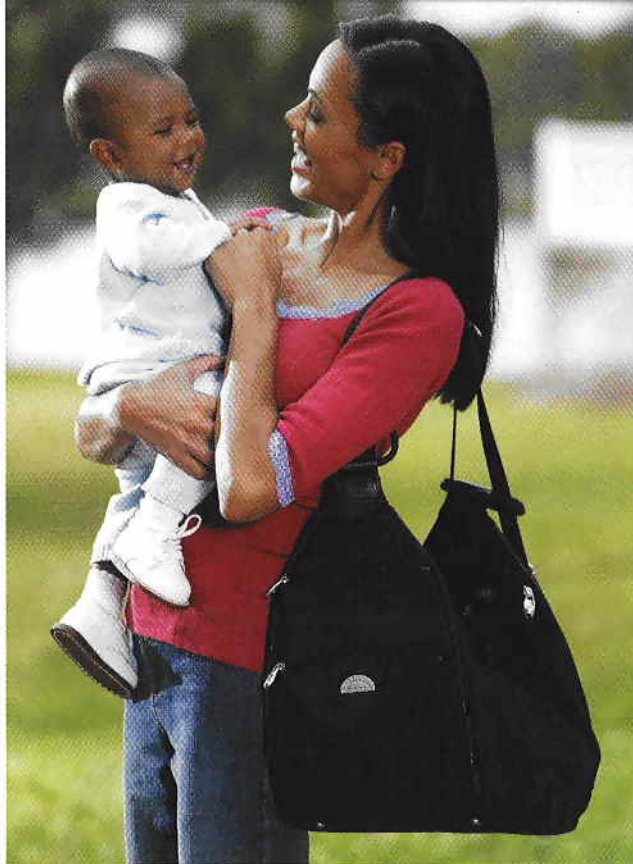
Tote, Mini & Backpack Diaper Bag



Full-Size Diaper Bag



Wipe Warmer & Diaper Organizer



Wipes

Wipes are a must for anyone taking care of an infant. They are the most convenient and simple way to clean up. When choosing a wipe, some important factors to consider are: cleaning ability, thickness and durability. Wipes are available in tubs, economical refills and compact travel packs... great for diaper bags or anytime you are on the go! To make them more comforting for baby, consider using a wipe warmer. This compact, electric unit is easy to use and designed to fit on most changing tables... so warm wipes are within reach when you need them!

Types of Wipes Available

- Hypo-Allergenic Formulas
- Sensitive Skin Formulas
- Extra Moisturizing
- Scented & Unscented
- Hands & Face Formula

Getting Baby Diapered

Let's get you prepared, because you'll be changing your baby's diaper up to 10 times a day.



We know you want to keep your baby smiling. And since a happy baby is a dry baby, keeping her as dry and as comfy as possible is a large part of everyone's happiness. So learn the basics and you'll be a pro in no time!

Bare Essentials

Have the supplies you need on hand for easy diaper changing:

- **A Clean Diaper** kept in a diaper stacker on the side of the changing table, so diapers are readily available.
- **Wipes** are the most convenient and simple way to clean up baby. Choose from different ingredients, hypo-allergenic or sensitive skin formulas, moisturizing, scented or unscented types of wipes.
- **Cotton Balls** can help you make sure those sweet little creases are all clean & dry!
- **Changing Pad** protects the floor, carpet, or even changing table from any unexpected leaks.
- **Toy or Play Mirror** for an active baby. She's more likely to stay still when distracted *momentarily!*
- **A Trusty Diaper Pail** is a great idea for keeping the nursery germ- and odor-free. Many units are clean and compact, sealing soiled diapers in an air-tight pouch.

Diapers

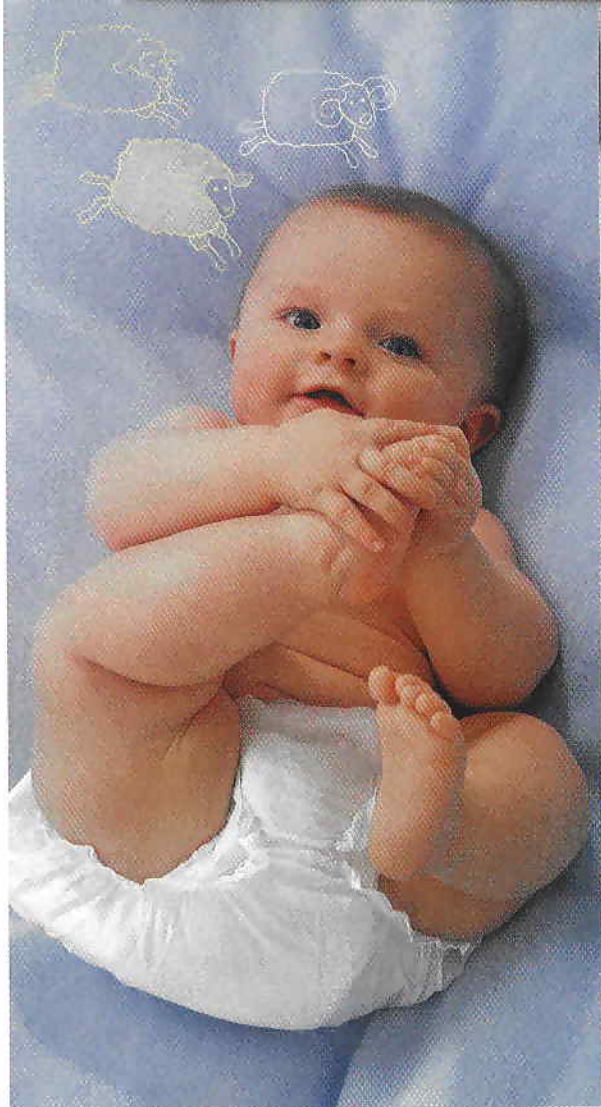
There are numerous choices in diapers available today, and both cloth and disposable diapers come in a variety of sizes and features. Disposable diapers can be sealed up in a special disposal system and thrown away, while cloth diapers are laundered and reused. Whichever type of diaper you choose, make sure baby's genital area is clean after every diaper change.

Disposable Diapers

Today's unisex diapers are designed to address the needs of both sexes with comfortable, absorbent padding throughout. They offer leakage and wetness protection with extra-absorbing systems and unique features such as waist barriers. Some include aloe to soothe baby's skin. Disposables are far more convenient than cloth diapers, eliminating the need for plastic pants and require no pins or folding.

Features Available

- Breathable outer cover
- Stretchable sides/elastic waist
- Absorbent inner layer
- Self-sticking fasteners
- Elasticized leg openings
- Reusable self-adhering tapes



Cloth Diapers

There are two types of diaper fabrics to choose from: birdseye and gauze. Birdseye is a tightly woven, textured cotton that's both soft and absorbent. All of its edges are finished. Gauze is a finer, open-weave fabric that is also comfortable, but looser. It is usually designed with unfinished edges. Cloth diapers, in whichever fabric you choose, come in flat or pre-folded styles.