

# Daddy Diaper Changing 101 Tips

from Renowned Author **Armin Brott**, “Mr. Dad”



Your baby will go through many diapers before she's potty trained and though like many dads, you may prefer not to ever have to change a single one, when the time comes to do it, you should be prepared! After all, the more efficient you become at changing diapers, the less time you'll spend doing it.

Remember, changing diapers is an acquired skill; in just a few days you'll be able to do it with your eyes closed (although you probably shouldn't).

Happy changing!

A handwritten signature in black ink that reads "Armin Brott".

Here are some great tips from author and expert Armin Brott, “Mr. Dad,” for dads who need a little help in the diaper changing department:

1. Get everything you need ready before you start: fresh diaper, baby wipes and a new outfit (mostly for the baby, but you might need one too if things get messy enough).
2. Find yourself a nice, flat place to do the job. Changing tables or any other sturdy surface will do. Some changing tables come with straps for holding the baby secure, but don't rely on them – make sure you keep at least one hand on your baby at all times.
3. Undress the baby so his legs are free from clothing and lay him face up on a soft, clean changing pad placed on top of the changing surface. Some babies love having their diapers changed and are perfectly calm throughout the whole process. Others will kick and squirm and bounce and scream. Hanging a mobile above the changing surface (out of baby's reach) may help keep him occupied during changes.
4. Unfasten the old one, lift the baby up by his ankles, and pull the dirty diaper out. When changing your baby boy, be sure to immediately cover the baby's genitals with a towel to keep you dry just in case the sudden rush of fresh air causes him to spray you!
5. Clean the bottom and genitals well using a gentle baby wipe such as Pampers Sensitive Wipes. For girls, wipe from front to back to minimize the amount of stool and urine that gets near her genitals and for boys, be sure to clean under the scrotum.
6. Slide a clean diaper under the baby and fold down the front edge so it doesn't rub against the umbilical cord area if your baby is a newborn. Using a quality diaper can help make diaper changes easy – new Pampers Swaddlers features an innovative AbsorbAway mesh liner that helps capture wetness and runny mess, to help keep it away from baby's delicate skin.
7. Fasten the diaper – snug but still loose enough so it doesn't pinch the skin.
8. Wash up. Diaper wipes are handy for cleaning your hands and the changing pad if soap and water are not readily available.
9. Get the baby dressed and off you go!