HOW TO DIAPER, CHANGE, BATHE, HOLD, PASS AND SWADDLE A BABY
Compare cloth diapers with disposable diapers. Include information about the impact they have on the environment in your comparison.
DIAPER
TIPS FOR DIAPERING!

1. Make sure you are in a place where the baby cannot easily roll or scoot away.
   - Changing pad or mat on the floor is best!
   - If using a changing table, make sure it has straps or rails.
   - If not, make sure you have a hand on the baby at ALL TIMES!

2. Make sure you have baby wipes (or washcloth) and a garbage (or laundry bin) near by.

3. Remove all clothing on the baby’s lower half, as well as soiled diaper.

4. If possible, flush an solid waste down the toilet. Then roll the soiled diaper closed and throw away with wipes – NEVER flush a diaper.

5. New babies may “go” while changing – cover their genitals with a baby wipe to prevent a mess.

6. Always wipe from FRONT to BACK.
YOUR TURN!

Each of you will get a turn to change the baby’s diaper.
Correct any errors that you see being made by your classmates.
CHANGING CLOTHING

1. When changing clothing – same rules apply!
2. Keep new clothing in an easy to reach area.
3. Be gentle around the baby’s head.
4. Do not stretch the baby’s arms and legs too far.
5. Always support the infant’s head if you need to lift him/her up to put clothing on.

Anyone want to try!?
The first bath an infant receives should be a sponge bath using a washcloth.

You should only give sponge baths until the infants umbilical cord stump falls off.

After that... you can bath them in a tub or sink.
Follow these rules:

- NEVER leave an infant alone in a bath
- ALWAYS bathe an infant in a warm, comfortable environment, free of drafts
- Keep all bathing supplies within reach of sink/tub
- Only bathe an infant every 2-3 days
- Use bath time to communicate/bond with the infant
DEMO TIME!

1. Infant should be placed on a towel
2. Washcloth with warm water for face
   ▪ Start with eyes (from inside by nose to the outside by ear)
   ▪ Repeat for second eye using clean area of washcloth
   ▪ Infants can have eye infections and this prevents spreading from one eye to another
3. Put a small amount of baby soap on washcloth to wash the rest of the baby
   ▪ Head, then body, then genitals
   ▪ For girls, wash from front to back
4. Take a new damp washcloth and wipe off all soap
5. Dry infant with clean towel
6. Lotion if needed
HOLDING A BABY

❖ Most care given by parents is done while holding an infant.

❖ The most important thing to remember when holding an infant is to always support their head.
  ▪ Infant’s head are large and heavy!
  ▪ The head is about 25% of the baby’s body weight.
  ▪ The neck muscles are too weak to support it.

❖ Picking up an infant under it’s arms is NOT appropriate.
  ▪ Instead, place one hand under the neck/head and the other under the bottom and lift towards your chest.
HOLDING A BABY

Ways to hold a child:
1. Against your shoulder
2. Cradling
3. Football hold
4. Outward hold
5. Harnesses
YOUR TURN!

➢ We will practice passing the baby from person to person.
➢ Correct any errors you may see your classmates making!
➢ I will also call out a specific hold for each of you to try!

#1 reminder is to always support the head!
SWADDLING A BABY
YOU TURN!

Each of you will show me how to swaddle a baby! 😊
1. Why are these important skills to know?

2. What are risks to:
   1. Not holding a baby properly?
   2. Not changing a baby when they need to be?
   3. Not bathing a baby properly?

3. What is one tip/piece of info you learned from:
   1. Holding a Baby
   2. Changing a Baby?
   3. Swaddling a Baby?

REFLECTION QUESTIONS-
SILENTLY WRITE ON PAPER