

Diapering Your Newborn

You may need some time to get used to diapering your newborn. This checklist can help you feel more confident and comfortable about it.

DO: Choose the right diaper for your baby. If you go with disposable diapers, start with the newborn size. Some brands also have thicker linings in different places for boys and girls.

DO: Clean your baby's diaper area after every diaper change. Wipe the area from front to back with a soft cloth and warm water. Or use a fragrance free baby wipe.

DO: Keep the umbilical cord area dry and clean. Fold the diaper back or under to keep it away from the cord area.

DO: Check the umbilical cord area for signs of infection, like redness, swelling, or drainage. It's normal to see a small amount of bloody discharge from the belly button for a few days after the cord has fallen off.

DO NOT: Forget to follow any care instructions from your child's healthcare provider if your baby is a boy who was circumcised.

DO NOT: Use powder or lotion on your baby's bottom. Your baby's skin has natural oils to protect it. If your baby gets a diaper rash, use an ointment or paste to treat it.

At first, you may feel a little awkward trying to diaper your squirming baby. But with practice, and you will get plenty of practice, you will soon feel comfortable quickly putting on a diaper. Follow this checklist for tips to diaper your newborn.