

Step-by-Step: Changing Your Newborn's Diaper

Changing Your Newborn's Diaper. Place an opened, clean diaper face up on the changing table. Place your baby still in their used diaper on top of the clean diaper on the changing table.

Lift the tabs on both sides of the used diaper on your baby. Pull the diaper off by lifting your baby's legs in the air and grabbing the bottom of it.

Slide it out from under their backside. Close the used diaper, folding it so any urine or stool is contained. Dispose of the diaper. Use a wipe to thoroughly clean the genital area and the backside of your baby.

Pull the front of the clean diaper through their legs and up over their stomach.

Fold the top of the diaper down so it does not cover their umbilical cord. Fasten the diaper tabs on top of the fold in the front to hold it in place.

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