CHANGING KIDS' DIAPERS

WHEN TO CHANGE KIDS' DIAPERS

You should change baby's diapers and children's diapers **when soiled** (especially with feces) and typically **every 2-3 hours.**

YOU'LL NEED...

- Diapers
- Gloves
- Wipes
- Barrier Creams

SIGNS OF A SOILED DIAPER

- Swelling
- Strong odor of feces or urine.
- Child pulling at or reaching into diaper.
- Leakage of urine or feces out the leg holes or up the back of the diaper.
- Damp clothes.

TIPS

- **Watch for patterns in your child's behavior.** Wet diapers may cause your child to pull at their diaper. This may indicate a change is needed.
- **Check your child's diaper frequently.** It's better to over-check your child's diaper than to miss a soiled diaper since it can result in health consequences.
- **Check your child's skin.** Keep an eye out for signs of skin irritation, like redness, bumps, or rashes, since these could be signs they need a new diaper.
- **Use diapers that are easy to change.** Pull-ups can make changing your child's diaper more difficult if they can't assist in the process or if you're away from home and require a quick and clean process. Use diapers that have tab-style closures to ensure you'll be able to change your little one quickly.
- **Have your supplies ready.** Changes and cleanup are more manageable when you're prepared with a dry diaper, baby wipes, gloves, changing pad (if laying down), and diaper bag or receptacle, such as a plastic bag, nearby, so gather your supplies beforehand.
- **Stay on a schedule.** Scheduled changes can make the diaper-changing process easier for younger and older children because they'll anticipate the change.