Pee-yew! Please Change My Diaper
On average, newborns go through 10 diapers a day. A typical baby uses more than 5,000 diaper changes by the time he uses the potty. At rate of five minutes per diaper change, that’s 400 hours!

Diapering can be a special time for you and your baby. Your face is a perfect arm’s length away for eye contact and communication. Your nurturing, gentle touches teach your baby that he is respected and important to you.

Ten steps to changing a diaper

1. Wash your hands.
2. Lay your baby in the changing area and start talking! Tell him what you are doing at each step. Smile and make eye contact.
3. Undress your baby down to his diaper. Place a clean diaper under him.
4. Undo the old diaper. (If you are changing a boy, place a cloth over his genitals. Cold air can cause your baby to urinate unexpectedly.)
5. Remove the old diaper.
6. Clean your baby using a wet baby wipe or washcloth. Wash from front to back to prevent germs from being spread from his backside.
7. Dry your baby’s skin with a clean towel or let him air dry. Apply ointment if you notice any signs of a rash.
8. Fasten the new diaper and dress your baby.
9. Pick up your baby and give him a hug and kiss.
10. Wipe your baby’s hands with a clean cloth. Wash your hands with soap and water.

Setting up a diapering station
A diapering station should be in an easy-to-access, comfortable location where your baby is safe from falls.

Stock it with:
> A good supply of diapers
> Wet wipes or washcloths
> Diaper rash cream or ointment
> A change of clothes in case of accidents
> Toys or books (for older babies)

Avoid baby powder or cornstarch. Babies can inhale the powder, and cornstarch could start a yeast rash (a diaper rash infected with yeast).

It’s a good idea to gather all your supplies before you start. That way you can keep one hand on your baby at all times so he doesn’t roll off the changing table.