

Your guide to changing your baby's nappy

Did you know that new babies can need a nappy change as many as 8 to 12 times per day? It is important that you're best prepared to change your baby's nappy.¹ Babies have delicate skin so it is important to change their nappy as soon as possible; doing this will help to prevent nappy rash.²

Before you get started, wash your hands, and ensure you have the following:³

- ✓ A changing mat or towel
- ✓ Wipes
- ✓ A nappy bag to dispose of the dirty nappy
- ✓ Cream to suit your baby's skin
- ✓ A clean nappy



WaterWipes



Once you have the necessary items, ensure that your nappy changing station is set up. The best place to change a nappy is on a changing mat or a towel on the floor; ensure that you always have visibility of your baby.²

- 💧 If the nappy is dirty, use the nappy to clean off the stool from the baby's bottom
- 💧 Use wipes to remove excess stool and ensure your baby is completely clean (clean the nappy area gently and clean inside the folds of the skin) and pat dry the baby's bottom
- 💧 For a baby girl, wipe from front to back. For boys, wipe from back to front. Then dry their bottom thoroughly including the creases
- 💧 If your baby is warm enough, let them lie on the changing mat without a nappy for a few minutes as airtime is good for babies' skin
- 💧 Dispose of the dirty nappy and wipes and wash your hands

If you have any concerns about your baby's skin or stool, please contact your doctor.

References:

1. Healthy Children. Changing Nappys. Available at: <https://www.healthychildren.org/English/ages-stages/baby/nappys-clothing/Pages/Changing-Nappys.aspx>. Accessed April 2022.
2. Mayo Clinic. Nappy Rash. Available at: <https://www.mayoclinic.org/diseases-conditions/nappy-rash/symptoms-causes/syc-20371636>. Accessed April 2022.
3. NHS. How to change your baby's nappy. Available at: <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/how-to-change-your-babys-nappy/>. Accessed April 2022.



Understanding your baby's stool

Baby's stools vary depending on whether they are bottle or breast fed, and it's normal for your baby's stool to change from day to day.

- 💧 A baby's first stool will contain a sticky, tar-like substance which is dark green or black in colour and called meconium.⁴

Once the meconium passes, your baby's stool will turn a yellow, mustard colour. After this, their subsequent stools are known as 'changing stools' and this is due to your baby's milk intake.⁴

If you have any questions about your baby's skin or stool, please contact your doctor.

References:

4. NCT. Newborn baby poo in nappies: what to expect. Available at: <https://www.nct.org.uk/baby-toddler/nappies-and-poo/newborn-baby-poo-nappies-what-expect>. Accessed April 2022.

WaterWipes

For parents, the below chart can help you monitor your baby's stool.



Baby's first stool is dark green or black – meconium



Breastfed stool is mustard colour, creamy consistency and seedy



Formula-fed stool is tan in colour, similar texture to peanut butter



Normal stool. May be due to eating a lot of iron-fortified foods



Common stool for babies eating solids – mushy texture & brown / dark brown colour

Call your doctor if you see the following colours:



Red stool could be due to food or medications or could be blood



Black stool seen in babies more than a few days old as it could be dried blood



White/grey or pale stool could be a sign of something serious