



Changing baby

Our advice for a clean bottom

To prevent your baby's delicate skin from becoming irritated, the nappy should be changed as soon as he wets it.

Step 1: cleaning

Lay your baby down on the table. Make sure all products are within hand's reach so that you won't have to leave your baby alone unattended.

Remove your baby's dirty diaper, using the clean edge to wipe away any faeces from his skin. Then fold the diaper.

Remove the remainder with cotton and water (best to avoid baby wipes the first 3 months), using a front to back wiping motion to prevent the risk of infection.

In the event of stools, you can use cotton to wash baby's bottom with water and soap, wiping front to back.

Step 2: drying

Gently pat your baby dry with a clean cloth.

Make sure the more difficult areas and folds are thoroughly dry to prevent infection. You can then put a fresh diaper on your baby.

For baby boys, always point their penis down to reduce the risk of getting their stomach wet.

In case of a red bottom - diaper rash:

If baby's skin is red and irritated, immediately apply a thick layer of water-based ointment on and around the irritation. Repeat application every diaper change until healing is complete.

This ointment can then be applied in the evening for the night.

When to change baby?

It all depends on your baby: some go straight to sleep after feeding and so should be changed before mealtime to avoid disturbing their sleep. Others soil their diapers at mealtime (especially if breast-feeding), so they should be changed when finished.

Finally, lazy babies find it difficult to finish their breast-feeding, in which case change them during mealtimes to shake them from their slumber.

Tips

- There is no need to undress baby completely when changing his nappy. In fact, most babies don't like to be nude. Simply unfasten the tabs of his soiled diaper.

- This is the moment when most babies feel the desire to urinate!

With this in mind, place a towel under baby's bottom.

- Nappy changing time is the perfect occasion to talk to your baby, sing to him or even tell him a story.

