

# How to change a nappy in 5 easy steps

Never leave your baby alone on a changing table or raised surface - so have everything ready before you begin.



1

Open and place a clean Cuddlers nappy under baby's bum.



2

Open soiled nappy. Use a Cuddlers baby wipe and clean from front to back to reduce the risk of infection. Note: This is especially important with little girls. (Cotton wool and warm water also works well.)



3

Place used wipes inside soiled nappy before removing and rolling it up for disposal. Pat dry and apply nappy cream or petroleum jelly.



4

Fold the front of the nappy up against baby's tummy. (If you have a boy, make sure baby's penis is pointing downwards.)



5

Open the Velcro fasteners and stick them to the front of the nappy. Run your finger around the waist band of the nappy, to check that it is snug, but not tight. Run your finger around the leg seals to make sure that they are outside the nappy. Dispose of the dirty nappy and wash your hands.

# Cuddlers®

Caring for Baby, Caring for You

## Getting ready



1

A clean Cuddlers nappy & baby wipes.

### What you need:

2

A plastic bag to dispose of soiled nappy.

3

Nappy cream or petroleum jelly.

4

A change of clothes for your baby. (because accidents WILL happen!)

lastly: Pick up your baby for Cuddle time!