

Changing a disposable nappy



1 Undo the fastening tabs



2 Lift up the baby and pull out the used nappy



3 Clean the baby's bottom with warm water and cotton wool or with baby wipes



4 Slide the clean nappy underneath the baby. Make sure the nappy is the right way round



5 Bring the front of the nappy up through the baby's legs and fasten with the tabs

Change nappies on the floor. You will be able to grab essentials without fear of falling.

Changing a Terry nappy



1 Remove the safety pin



2 Lift up the baby and pull out the used nappy



3 Clean the baby with warm water and cotton wool or baby wipes, then slide clean folded nappy underneath (see page 100 for kite fold)



4 Bring the centre part of the nappy up through the baby's legs



5 Fold the sides of the nappy over the centre part . . .



6 . . . and secure with a safety pin. Keep your fingers between the nappy and the baby so that if you make a mistake, you prick your finger and not the baby