



**Instructions on proper diaper changes, swaddling  
positioning of the newborn for new parents utilizing safety  
principles**

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# Diaper changing

- ❖ Cover the diaper changing surface with a disposable liner
- ❖ Bring your supplies (clean diaper, wipes, creams, plastic bag, and gloves)
- ❖ Place the child on the surface and unfasten the diaper
- ❖ Clean the child's genitals with wipes and wipe front to back!
- ❖ Put the soiled diaper away from the reach of the child
- ❖ Place soiled wipes and diaper in the trash along with gloves



# Diaper Changing

- ❖ Slide the fresh diaper under the child
- ❖ Apply cream to the child if needed
- ❖ Fasten and dress the child
- ❖ “Wash child’s hands with soap and water and place him or her in a safe, supervised area”  
(Centers for Disease Control and Prevention, 2020, para 5).
- ❖ Remove the disposable liner and discard
- ❖ Disinfect the area with wipes or spray
- ❖ Wash your hands with soap and water





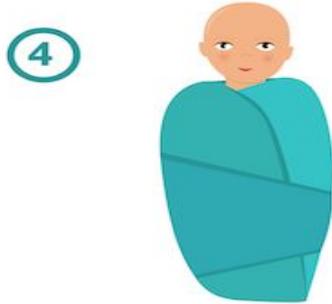
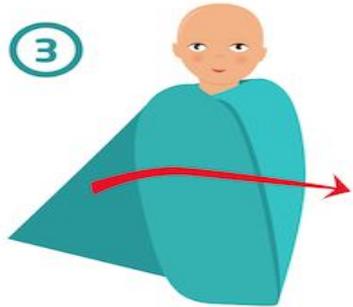
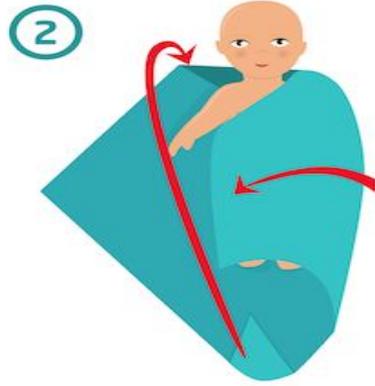
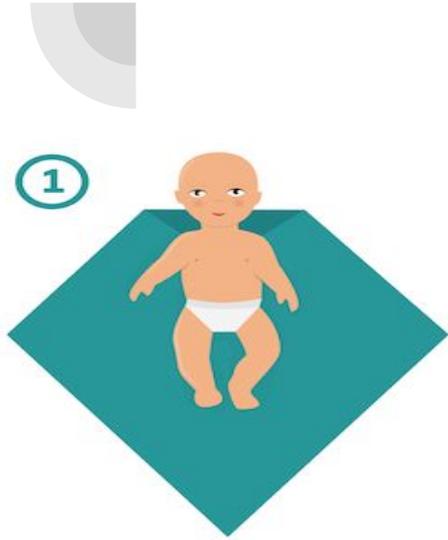
# Swaddling

- ❖ Spread the blanket out flat and fold the top corner
- ❖ Lay your baby face up with head over the folded corner
- ❖ Wrap the right corner over the baby with the right arm and fold the remaining underneath
- ❖ Bring the bottom piece over the child's feet
- ❖ Wrap the left corner over the child with the left arm and tuck it under
- ❖ Make sure the blanket isn't too tight and constricting the airway



# Benefits to swaddling

- ❖ Helps the neonate stay warm and maintain temperature
- ❖ “Limiting the startle reflex, which can wake your neonate during sleep” (Swaddle, 2020, para 3).
- ❖ Provides the child with a sense of safety and security
- ❖ Helps with Erikson's theory of Trust vs Mistrust
- ❖ Helps the neonate stay calm
- ❖ Swaddling can be used as a comfort method after vaccinations, baths, etc..





# Positioning

- ❖ Infants should sleep supine with nothing in their bed
- ❖ Always support the infant's neck especially until they can support themselves
- ❖ The infant should be position to semi fowlers during feeding to prevent aspiration
- ❖ Place infant rear facing in the back seat for car safety







# References

Centers for Disease Control and Prevention. (2022). *Diaper changing steps for childcare settings*. Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/hygiene/childcare/childcare.html>

*How to swaddle your baby step by step*. Pampers. (2020). Retrieved from <https://www.pampers.com/en-us/baby/sleep/article/how-to-swaddle-a-baby>