How to Change a Diaper

**Checklist**
- A safe & clean place to change the baby
- A distractor
- Diapers
- Baby wipes
- Diaper cream or ointment
- A bin to put dirty diapers in

**Quick Tips**
- Never change a baby on any surface where you eat or prepare food.
- Pat instead of scrub when drying out an infant's bottom
- Only use wipes and soaps in a baby's diaper region that are made specifically for babies.

**Steps**
1. Get a clean diaper ready
2. Undo the baby's dirty diaper
3. Wipe the baby
4. Slide the dirty diaper out
5. Slide the clean diaper in
6. Close the diaper up
7. Adjust the diaper for fit
8. Clean up
9. Adjust the diaper for fit
10. Wash your hands
11. Dress the baby