

PARENTING IN THE NEONATAL UNIT

Diaper change

Leaflet **4**



The traditional method of diaper changing involves lifting the baby's bottom to gain access to the area to be cleaned and to replace the diaper. Premature babies are often less tolerant of changes in position because of the immaturity of their sense of balance. A sick baby born at term may also have difficulty tolerating this method due to his/her health problems.

How can you change your baby's diaper as gently as possible?

A set of 11 leaflets

- ① The swaddled bath
- ② Kangaroo care
- ③ Touch
- ④ Diaper change
- ⑤ Swaddling
- ⑥ Soothing Methods
- ⑦ Holding/carrying
- ⑧ Transfers
- ⑨ Positioning
- ⑩ Massage
- ⑪ Cue-based feeding



The content of this leaflet is taken and translated from the book *Être parent à l'unité néonatale: tisser des liens pour la vie* (2017) written by Marie-Josée Martel and Isabelle Milette in collaboration with Audrey Larone Juneau, inf. CHU Sainte-Justine.

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Before

1. Place the usual material (damp cloth, new diaper) within reach.
2. **Prepare your baby** to keep him/her organized during the care.
3. Make sure your baby is in a foetal tucked-in position (hands close to the face and sucking on a pacifier if needed).

During

fiche 8

- Place your baby in a side lying position, using the **facilitated tucking/containment method** (ideally with your baby's back to you so you can see the area to be cleaned).
- Keep your baby's upper body wrapped in a blanket or place a blanket over him/her to maintain reassuring contact. Free only the lower body.
- If your baby is in pajamas, only uncover the legs, being careful to keep them slightly bent.
- Before removing the soiled diaper, place the clean diaper under your baby in the appropriate position (the part with the small sticky flaps at each hip). Don't be afraid to push the diaper into the mattress to put it in the right position to avoid lifting your baby and causing stress.
- Loosen the soiled diaper and lift the top leg slightly to clear the area to be washed. Throughout this step, keep the raised leg bent.
- Remove and discard the dirty diaper.
- Close the clean diaper which is already in place.

Diaper change

After

1. Take the time to tell your baby that the diaper change is over (if tolerated, of course).
2. Be sure to apply the **soothing methods** for the next few minutes to allow your baby time to reorganize and fall asleep slowly/gradually.
3. Remove your hands **gradually** so that your baby still feels your touch as he/she relaxes and falls asleep.

Leaflet 6