

HOW TO PUT ON A DIAPER PROPERLY

Are you new to diapers, never put one on yourself, wondering how to change in public, or you keep leaking and you'd like to know what you are doing wrong? Then this article is for you! If you are looking for information on diapers in general then check out our article "All Things Diapers" on our website www.adultbabysteps.com.

The first thing to cover is the diaper. Obviously, there are tons of types... cloth, disposable, pull-ups, and various tape, adhesive, connectors... for the purpose of this article I'm going to be speaking in generalities of wing tape type diapers. (Pull-ups operation instructions are in the title) The general parts of the common "Tape" type diaper is a front, back, with wings on both sides and tapes on the back wings. Generally, two to six tapes with four, two on each side being the most common. I know you are probably thinking, "no shit" but you are already wrong. Shit comes after the diaper is on. (Just seeing if you are paying attention). The most important part of the diaper is the leg guards. These are two small fabric strips the will run parallel along the edges of the diaper. These are very important! If you are looking to add thickness to your diaper with a booster, or by doubling up diapers (Explained in the All things article) if the booster or inner diaper is over the leg guard you are more likely to leak as the leg guards act like a slash guard or dam preventing all accidents from leaking until the absorbent material can... absorb... we'll come back to this again.

If you are selecting a disposable diaper, it is important for the diaper to fit properly... just because you can apply the tapes and the diaper stays on doesn't mean it is secure. Ordering samples or two packs before ordering packs or cases is highly recommended to test out. All diaper sizes are not the same. An AB/DL diaper sized medium might be small in comparison to a medical diaper. An easy method to get better fit is to use a cloth measuring tape on your bare waist and use that measurement against the company's size guide chart.

Now it is time to assume the position! But the question is... what position is the right position to put on a diaper. That is going to dependent on you, your location, your preference, or if someone is changing you. The most common diaper changing position and best in most cases is laying down on your back, legs spread slightly apart, and you lift your butt by leveraging weight on your feet and lifting your pelvis before pulling the diaper under yourself. If you are being changed this is also the ideal changing position. But I can already hear you saying... "Well, I can't always lay down, stupid!"

Like I said, that is the most common way, but not the only way... and don't call me stupid... you butt face!

The method ideal for diaper changing in public or when laying down isn't a possibility is the "standing position". The trick to this method is having a flat stable surface you can lean up against like a wall, or bathroom stall. After removing the

previous diaper, underwear, or pull-up you need to take your diaper and raise it between your legs and then pin it between you and the wall with your butt. This will free up your hands to position the sides and wings and properly line up and adjust before applying the tapes.

The final method I'll mention is the kneeling position. Generally, this isn't a method I would ever use or recommend except in rare circumstances like in a kink scene or making content and it requires the user to be somewhat flexible and limber. How it works is, you open the diaper you are about to put on yourself and you either kneel over it or pull it between your legs when you are already kneeling and then tape the sides alternating between each side.

That covers the positions, but before assuming any position I'd always recommend proper preparations. If you like adding boosters to your diapers, you'll want to insert them between the leg guards first. If you are using barrier creams, powder, lotion, baby oil (I highly recommend these products, especially if you are going to be wearing them for any extended period of time, using the diaper, or will be in diapers consecutively for any period of time) one trick I use is to lightly apply the products like lotion or powder directly to the diaper pad. Barrier cream and lotion I'd recommend applying directly to the body with a light "dusting" of powder.

The last and most controversial topic I leave until the end and that is the "great tape debate" If you ask ten AB/DLs the proper way to do the tapes you may get various answers. My personal preference is to alternate left to right, first doing the bottoms and then doing the top tapes. Again, alternating from the left and right. All the tapes need to be secure, but it is important the lower tapes are not overly tightened to the point that they are uncomfortable or cut off circulation. The upper tape needs to be tight enough, so the diaper is secure and won't slip down over time or from the weight of diaper use.

You now have successfully diapered yourself... but there is one last step I would recommend which separates the experienced diaper butts from the novices and that is "flipping out the leg guards". As I mentioned earlier, the leg guards are a vital part of the diaper and work towards preventing leaks, but that is only if you use them properly. In the diapering process the leg guards often can get rolled up or folded inward which can provide less than ideal leak protection. The easiest way to correct this is to slip your index or middle finger into the inner leg of the diaper and "hook" the leg guard with your finger and slightly pull the leg guard outward working your way from front to the back of the diaper.

With that last step you are properly padded. There are a few cosmetic things you can do... rolling the top inward and tucking any part of the overlap if they are uneven, but that is essentially it. Adding a diaper cover, plastic, or latex pants is another step if you have leaking or smell concerns or if you just like the additional fashion look of them and you are set!

Happy Waddling!