



**Early Childhood Development: ECDV4  
LESSON 10**

**Unit Standard: 244255: Care for babies, toddlers and young children**

**SO 2: Provide physical care for babies, toddlers and young children**

**TOPIC: CHANGING A BABY'S NAPPY**

**At the end of this lesson students will be able to:**

- **Suitable environment to change a baby's diaper in public**
- **Should you change a nappy after every feed**
- **How to change a baby's nappy**
- **How often should nappies be changed?**
- **Should you wake baby to change nappy?**
- **Types of nappies**
- **The place to change a nappy is on towel or mat on the floor using cloth**

**SUITABLE ENVIRONMENT TO CHANGE BABY'S NAPPY**



[Adapted from wgvunews.org]



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### **SUITABLE ENVIRONMENT TO CHANGE A BABY'S DIAPER IN PUBLIC**

- In a public rest rooms mothers should use the wall mounted diaper changing table.
- Mothers should use a changing pad to keep a baby from touching the surface, if there's no one, line the table with paper or blankie.
- Mothers should make sure to use safety belt in case the baby roll.

### **SHOULD YOU CHANGE A NAPPY AFTER EVERY FEED**

- Babies need frequent nappy changes depending on how sensitive their skin is,
- Some babies can wait to be changed until before or after every feed.
- All babies need changing as soon as possible when they have done poo to prevent nappy rash

### **CHANGE A BABY'S NAPPY**

- Lay the baby on a plastic sheet with a nappy over the bottom half.
- Remove the solid nappy and wash the baby's bottom with damp cloth and dry him well with try towel.
- Put folded nappy and with the straight edge under his/her back and the point between his/her legs.
- Put a barrier cream on the baby's bottom.
- Folds the ends over his/her tummy and bring up the point of the triangle to meet.
- Keep your hand between three points of the nappy and the baby, while stretching a snappy nappy faster to fasten the nappy.
- Put a waterproof on.

### **HOW OFTEN SHOULD NAPPIES BE CHANGED?**

- Baby's nappies should be changed regularly because it can lead to rash if not changed regularly.
- Change baby's nappy before or after every feed, or whenever he/she's done poo.
- Always clean environment and wash hands before and after nappy change.

### **SHOULD YOU WAKE BABY TO CHANGE NAPPY?**

- Disposable nappies absorb a lot of moisture, so mothers may not always feel when they are wet.
- When mothers wake up to feed babies, they can change their babies' nappies.
- If a baby uses the towel nappy mothers should wake up and change their babies' nappies.



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## TYPES OF NAPPIES

### Towel Nappy

- Durable, absorbent and easy to use
- Two sizes (New and Regular size)

### Flannel Nappy

- Suitable – very young infants
- Not so bulky
- Not so absorbent
- Good to use inside towelling nappies for babies with sensitive skin

### Disposable Nappies

- Different sizes
- Useful in wet climate when drying washing is a problem
- Ideal for travelling and shopping with a baby
- More comfortable and prevent nappy rash
- Elastic in legs prevent leakage

### Activity 1: Answer the following questions.

1.1 Describe THREE types of baby's nappy and give advantages of each. (10)

1.2 What are the disadvantages of using disposable nappies in our environment? Write down FIVE disadvantages (5)

**[15]**