

# Guide to Being a Nappy Change Expert

## 1 Set up the change table

With all the things you need (nappy, wipes, change mat, gloves, rash cream).



## 2 Remove the dirty nappy

Lie your baby on their back and undo the nappy. **Lift your babies legs gently by holding both their feet** and remove the used nappy, using it to wipe away as much solid waste as possible.



## 3 Clean your baby

For girls, wipe from front to back, to keep germs away. For boys, clean around the penis and testicles. If necessary, use rash cream sparingly, creams & powders will interfere with nappy absorption. Please ensure they are rubbed into the skin thoroughly. **Check for nappy rash.**



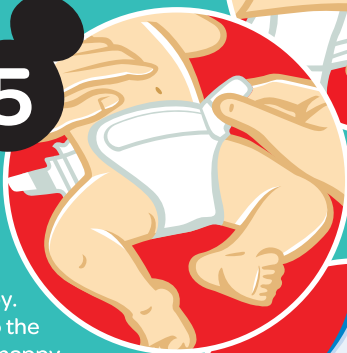
## 4 Prepare the clean nappy

**Open out the nappy** and slide your fingers down the side of the nappy to lift up the leak guards.



## 5 Do up the nappy

Bring the front part of the nappy up between their legs and spread firmly around the tummy. If you have a boy, point his penis down in the nappy. **Open up one Grip Tab** and attach it to the front of the nappy.



**HUGGIES** BRAND

