

5 Tips For Mindful Diapering

Learning how to apply mindful diapering techniques can help your baby's development, physical growth, emotional well-being, sleep quality and family bond.

#1

Calm & Clean



Create a calm, clean and safe diapering environment by practicing good hygiene and having plenty of supplies.

Make sure to use:

- soft voice
- gentle touch
- slow, careful movements

Why?

Interacting with baby while diapering can help develop their ability to control their own actions, and helps to foster an atmosphere of bonding and emotional connection between baby and family.

#2

Change & Check



Change and check baby's diaper regularly:

- every 1-3 hours
- at every feeding
- at least once at night

Keep baby's skin comfortable. Don't miss the opportunity to make a special connection with your little one as you carefully inspect for proper diaper fit, check for skin irritation and protect their skin from diaper rash.

Why?



#3

Comfort



Comfort baby by minimizing any stress or discomfort:

- move slowly through diaper changes
- keep one hand on baby at all times

Babies can experience stress during a diaper change. Be mindful of baby's facial expressions and body language and trust your instincts in knowing when to provide additional comfort for baby.

Why?

#4

Champion Sleep



Be the champion for baby's sleep to minimize waking baby:

- hold baby skin-to-skin to encourage sleep
- use super-absorbent diapers with wetness indicators
- control light exposure, minimize noise

Why?

Sleep plays a critical role in your baby's development, so it's important to create an environment that will maintain a healthy sleep-wake cycle for your little one.



#5

Confidence & Closeness



Help baby flourish and thrive:

- begin and end each diaper change with a hug
- your focused attention and nurturing touch are what baby needs
- include family to build a strong bond with baby

Why?

Closeness stimulates baby's well-being and boosts your confidence. When you're relaxed and engaged, the baby feels connected and your bond grows through your touch and attention.



To learn more about mindful diapering, visit health4mom.org/diapering

