Create a calm, clean and soft diapering environment by practicing good hygiene and having plenty of supplies. Make careful to:
- soft voice
- gentle touch
- slow, careful movements

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.

Calm & Clean

Changing and checking baby’s diaper regularly:
- every 1-3 hours
- at every feeding
- at least once at night

Keep baby in a comfortable position. 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.

Change & Check

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

5 Tips For Mindful Diapering

1. Calm & Clean
   - Create a calm, clean and soft diapering environment by practicing good hygiene and having plenty of supplies.
   - Make careful to take:
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2. Change & Check
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   - Keep baby in a comfortable position. 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.

3. Comfort
   - Be the champion for baby’s sleep to minimize waking baby:
     - Skin-to-skin
     - Encourage sleep
     - Use super-absorbent diapers with wetness indicators
     - Control light exposure, minimize noise
   - 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.

4. Champion Sleep
   - Be the champion of baby’s sleep to encourage sleep:
     - Skin-to-skin
     - Encourage sleep
     - Use super-absorbent diapers with wetness indicators
     - Control light exposure, minimize noise
   - 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 exactly what baby needs
     - While busy to build a strong bond with baby
   - Closeness stimulates baby’s brain and development of your connection. When you’ve worked hard and are ready, the baby feels connected and your bond grows through your touch and attention.

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.

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