

# 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](http://health4mom.org/diapering)

