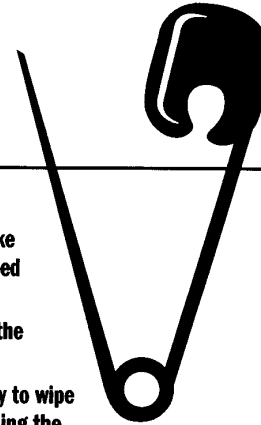




Diapering Your Baby



DISPOSABLE VS. CLOTH

Disposable Diapers

Pros

- Disposable diapers are considered more convenient than cloth diapers because you throw them away.
- A synthetic absorbent liner keeps wetness away from baby's bottom until the next changing.
- The built-in fasteners make diapering easy.
- The diaper doesn't require an additional cover as cloth diapers do.

Cons

- Disposable diapers are just that; once they're used, they must be thrown out and replaced.
- Until your child is potty trained, you'll be buying diapers.
- Even with the absorbent lining, wetness is still in the diaper and can cause diaper rash.
- Although disposables are made in various sizes, every body is different and it's sometimes difficult to get disposables to fit properly.
- Plastic liners don't decompose. This causes environmental risks and adds to landfills.
- If the adhesive on the diaper fastener gets soiled, the diaper usually has to be thrown out.
- It's harder to tell when they're wet, so the diaper may not get changed often enough.

Cloth Diapers

Pros

- Cloth diapers are made of cotton, which breathes and isn't irritating to the skin.
- Using cloth diapers protects the environment by not adding to landfills.
- If you're using a diaper service, you only need to dump the stool in the toilet, place the diapers in a bag and leave it outside to be picked up and replaced by a delivery person.
- If you wash your own, they're less expensive than disposables.

Cons

- Not all day care centers allow cloth diapers.
- If you use a diaper service, the cost can be as much as disposable diapers.
- Even if you wash your own, the initial purchase of cloth diapers can be expensive.
- In addition to the diaper, some sort of diaper cover is needed to keep moisture from getting on clothing, bedding and furniture.

COSTS

What You'll Need	Costs for One Year
Cloth diapers: diapers, diaper wipes, diaper wraps/plastic pants, detergent, diaper pail, pail deodorizer, safety pins	\$150-\$300
Diaper service: diaper rental, diaper pail, pail deodorizer, diaper wraps/plastic pants, baby wipes	\$650-\$850
Disposable diapers: diapers, baby wipes	\$550-\$800

Diapering Tips

- Before changing the diaper, make sure you have everything you need within reach.
- Never leave your baby alone on the changing table.
- When you take the diaper off, try to wipe off as much stool as possible using the front of the diaper.
- Carefully clean skin folds and creases.
- With baby girls, wipe from front to back, keeping any stool away from the vagina.
- Use a warm, wet washcloth or baby wipe to clean the diaper area.
- If your baby boy is newly circumcised, apply petroleum jelly to the tip of the penis after each change; clean a circumcised penis with water only.
- Allow some drying time before putting the new diaper on; the drier the diaper area, the less chance of developing a rash.

Folding a Cloth Diaper

Rectangular

1. Lay the diaper flat.
2. Leaving the top of the diaper open, bring the edges of the bottom of the diaper in to make a V shape.
3. Place the baby on the diaper so that the top of the diaper is level with his navel.
4. Pull the V up between baby's legs.
5. Pull in one edge at a time from the top of the diaper to overlap with the V at baby's waist. If there's excess diaper, fold the extra over.

Square

1. Lay the diaper flat.
2. Fold the diaper into thirds, making a rectangle.
3. Place baby's bottom in the center of the diaper.
4. For girls, any extra diaper can be folded over at the top, creating extra absorbency at the back of the diaper.
5. For boys, any extra diaper can be folded over at the bottom, creating extra absorbency at the front of the diaper.

For Both

- If using plastic pants, use diaper pins to keep the two overlapped sides closed.
- If using a diaper wrap, you won't need diaper pins. Simply place the diaper inside the flattened diaper wrap before beginning step 1 and then close with the Velcro closures on the wrap. There are one-piece diapers that can be used with these diaper wraps.