

HOW TO CHANGE A DIAPER



Length: 30-40 minutes | Designed for grades 6-8

Summary

The video and corresponding classroom lesson has been designed to teach students proper diapering techniques. In this lesson, students will learn how to safely change a diaper on an infant or toddler.

In the following video and lesson, we demonstrate the ten steps to changing a diaper. Teachers should provide soft-bodied dolls, diapers, and wipes to allow students to practice and master diapering skills.

The lesson is intended to enable students to learn child care skills in a fun way while emphasizing safety and accuracy.

Objective

- Demonstrate safe child care techniques in diapering.

Teaching Supplies

- [How To Change A Diaper](#) video ↗
- [Diapering Comprehension Worksheet](#) 📄
- [Diapering Steps Worksheet](#) 📄
- [Diapering Poster](#) 📄
- Soft-bodied dolls
- Diapers and wipes

Comprehension Questions

- Where is the safest place to change a baby's diaper?
- What direction should you wipe a baby when changing a diaper? Why?
- Why do you want to fasten the tabs of the diaper securely?
- What should you do after you dispose of the diaper?

For more video-based learning lessons on child care, visit safesitter.org/lessonplans.

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TEACHER INSTRUCTIONS

- 1 Introduce the unit by playing the video, ***Diaper Changing the Easy Way*** and pass out the **Diapering Comprehension Worksheet**.

3 minutes

- 2 When the video is over, use the comprehension questions to check for understanding. Call on students or ask volunteers to share their answers with the rest of the class.

5 minutes

- 3 Pass out the **Diapering Steps Worksheet** and have students number the diapering steps in order. Review the steps in order on the worksheet with the students to check for understanding.

5 minutes

- 4 Have students get into small groups of two or three students, and give a soft-bodied doll to each group for student practice. Encourage students to treat the dolls with respect as if they were real infants.

When students have completed the exercise, have them pass the soft-bodied doll to another member of the group. Continue this exercise until all students have practiced diapering. Observe students while practicing, assess technique, and assist students in correcting any errors.

15-20 minutes

- 5 Review the **Diapering Comprehension Worksheet** together as a class.

5 minutes

At the end of the class, have students write down two things they learned and one thing they would like to learn more about.

2 minutes

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ANSWER KEY

Diapering Steps Worksheet

1. Choose a safe place to change the baby's diaper – on the floor on a changing pad or towel.
2. Make sure you have all the supplies you need (clean diaper, wipes, etc.) within reach first.
3. To remove the dirty diaper, undo the tabs first and gently slide the diaper from under the baby's bottom.
4. Gently wipe the baby from front to back with a washcloth or wipe. Be sure to get the little folds and creases clean.
5. Pat the baby dry with a clean washcloth or wipe to prevent diaper rash.
6. Gently lift the baby's legs with one hand and slide a clean diaper under the baby's bottom with the other hand. Be sure you have the side with the adhesive tabs underneath the baby.
7. Before you fasten the tabs, make sure the front of the diaper is centered between the legs and pulled up to the same level as in the back – usually around the level of the belly button in front.
8. To prevent leaks, bring the adhesive strips around the back and fasten them snugly on the front of the diaper so there are no gaps. Be careful not to stick the adhesive tape on the infant's skin.
9. Roll up the old diaper (and wipes) onto itself in a ball – fasten the tabs to secure it. Put the old diaper in a plastic bag, tie it closed, and put it in the trash.
10. Always wash your hands with soap and water after you have disposed of the diaper.

Diapering Comprehension Worksheet

Where is the safest place to change a baby's diaper?

[The floor is the safest place to change a diaper because infants can roll and move around.]

What direction should you wipe a baby when changing a diaper? Why?

[Wipe infants and toddlers front to back to make sure bacteria isn't spread.]

Why do you want to fasten the tabs of the diaper

securely? [Tabs should be fastened securely to prevent the diaper from leaking.]

What should you do after you dispose of the diaper?

[Wash your hands with soap and water after you dispose of the diaper.]

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Name: _____

Date: _____

Diapering Steps Worksheet

Put the correct number (1-10) in the orange circle next to each step for changing a diaper.

- Roll up the old diaper (and wipes) onto itself in a ball – fasten the tabs to secure it. Put the old diaper in a plastic bag, tie it closed, and put it in the trash.
- Gently wipe the baby from front to back with a washcloth or wipe. Be sure to get the little folds and creases clean.
- Make sure you have all the supplies you need (clean diaper, wipes, etc.) within reach first.
- To remove the dirty diaper, undo the tabs first and gently slide the diaper from under the baby's bottom.
- To prevent leaks, bring the adhesive strips around the back and fasten them snugly on the front of the diaper so there are no gaps. Be careful not to stick the adhesive tape on the infant's skin.
- Always wash your hands with soap and water after you have disposed of the diaper.
- Gently lift the baby's legs with one hand and slide a clean diaper under the baby's bottom with the other hand. Be sure you have the side with the adhesive tabs underneath the baby.
- Choose a safe place to change the baby's diaper – on the floor on a changing pad or towel.
- Before you fasten the tabs, make sure the front of the diaper is centered between the legs and pulled up to the same level as in the back – usually around the level of the belly button in front.
- Pat the baby dry with a clean washcloth or wipe to prevent diaper rash.



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Name: _____

Date: _____

Diapering Comprehension Worksheet

Answer the questions below based on the information you learned in the diapering video.

1 Where is the safest place to change a baby's diaper?

2 What direction should you wipe a baby when changing a diaper? Why?

3 Why do you want to fasten the tabs of the diaper securely?

4 What should you do after you dispose of the diaper?

In this lesson, I learned: _____

One thing I would like to learn more about is: _____



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10 STEPS TO CHANGING A DIAPER

**1. FIND A
SAFE PLACE**

**2. GATHER
SUPPLIES**



**3. REMOVE
DIRTY DIAPER**



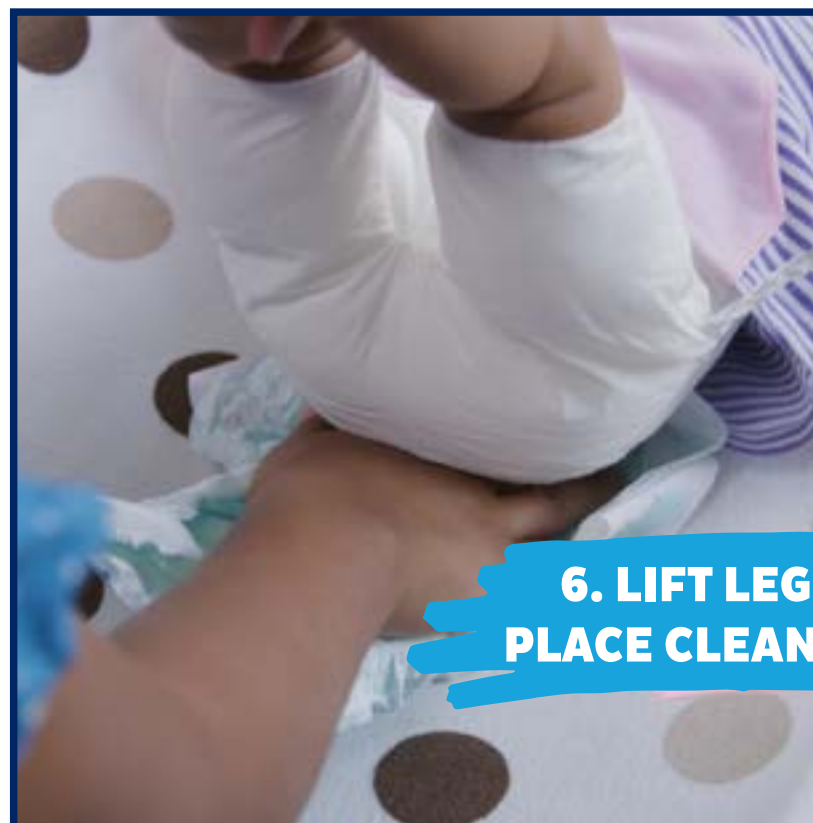
**4. WIPE FROM
FRONT TO BACK**



5. PAT DRY



**6. LIFT LEGS AND
PLACE CLEAN DIAPER**



**7. POSITION CLEAN
DIAPER**



**8. FASTEN ADHESIVE
STRIPS SNUGLY**



**9. ROLL UP AND
DISPOSE**



**10. WASH YOUR
HANDS WITH SOAP**

