

Changing Your Baby's Diaper

Caring for Your New Baby

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.



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Your Extended Family



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Helpful tips

1. Always wash your hands before and after you change a diaper.
2. Find a safe and warm place to change your baby's diaper.
3. Collect your diaper changing supplies before you start. You will need:
 - Clean diapers
 - Baby wipes or baby washcloths
 - Diaper cream
 - A clean towel
4. Wipe your baby from front to back.
5. Pat your baby dry with a clean towel.

Stay with your baby at all times.

When you **leave** your home

Pack a diaper bag with your changing supplies. Pack your bag with one clean diaper for every two hours you will be away from home.

Diaper changing might seem hard at first. In a few weeks, you will be an **expert**.

You will **spend a lot of time** changing your baby's diaper.

Change your baby's diaper every **two to three hours**.

Change your baby's diaper after each bowel movement. This helps **prevent rashes and discomfort**.

