

Change time

Top 10 items you need for change time



- 1 Ultra dry nappies
- 2 Baby wipes tub
- 3 Wipes refill packs for the tub
- 4 Nappy rash cream
- 5 Toy to distract baby
- 6 Nappy sacks
- 7 Nappy bin or disposal unit
- 8 Change mat
- 9 Towel or cloth
- 10 Hand sanitiser



Changing your baby's nappy is easy...you just need to follow a routine

- Have everything you need at hand – change mat, wipes, nappy disposal bags, and a couple of fresh nappies
- Remove the used nappy and clean your baby's nappy area using a wipe that is specifically designed for your baby's skin
- Lift your baby's legs up and place the clean nappy underneath (with the grip tabs at the back) and fasten the nappy at the front

TIP: Change mats provide a large, clean surface to change your baby either at home, or when you're out and about!

Tips for the different change times

Newborns

The general rule for newborns is to change your baby about as often as you feed them (though usually not required at every night feed). If left unchanged, a rash can develop.

Toddlers

Changing your toddler's nappy is not always the easiest of tasks, especially with an active toddler. That's why Nappy-pants are designed specially for active toddlers on the go. They have the absorbency of a nappy and go on like pants, so you can change your active toddler standing up.

Cloth Nappies

Some parents may choose to use cloth nappies. Below are some products that will come in handy with cloth nappies:

1. Fasteners
2. Liners
3. Pants/Pilchers

Toilet Training

Look for these key signs that your child is ready to start toilet training:

- Shows signs of discomfort when nappy is full
- Wants to wear "big kids" training pants or underpants
- Communicates that they have done, or need to do, "wees or poos"

Things to remember:

- Let your child set the pace
- Be positive, consistent and patient

Toilet training pants can help your child learn to stay dry on their own.

Swim Pants

Babies love to play in the water. Disposable swimpants allow you to start swimming with your baby from 6 months of age.

Some of the benefits of premium disposable swimpants are:

- Keeps in little accidents
- Won't swell up in water
- Easy tear away sides



HUGGIES
ULTRA DRY NAPPIES

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