



Keeping your

# baby clean, dry and healthy

One of the many ways caregivers can help protect the health of babies or toddlers is to check diapers often and change when wet or soiled.

As a guideline:

- **Infants require about 12 diaper changes per day.**
- **Toddlers require about 8 diapers a day.**

Diapers help to prevent leaks. However, **locked in moisture from just a little pee can cause a diaper rash.**

**Even though I know my baby's diaper is a little wet, they are happy, and smiling, so why change the diaper now? They are expensive!**

In 2016, over 800 babies in San Joaquin County went to the Emergency Room due to issues that may have been caused by lack of diaper changes.

Good things to consider when checking and changing diapers:

- Choose to change as soon as possible; wet diaper=wet baby.
- Remember baby's skin can be delicate; choose non-irritating diapers and wipes.
- Use wipes or a soft cloth and dry before putting on new diaper.

Use this time of changing your baby's diaper for fun and bonding. Talk, smile and sing a song!

**For more information,** talk to your doctor or call your advice nurse from your health plan to get tips on a healthy wiping routine when you change your baby's diaper.