



NEWBORN

How to change a diaper without waking the baby

Practical steps to change diapers without waking the baby, from setting up your station to handling mid-change wiggles. Printable checklist included.

A free guide from maternity.app

Changing a diaper without waking the baby is part ninja skill, part prep work. Here's how to keep it quick, quiet, and tear-free (for both of you).

Set up your station before you start.

- **Surface.** Use a changing pad with raised edges, it muffles crinkles and contains wiggles.
- **Supplies.** Open tabs on the new diaper and tear wipes from the pack beforehand.
- **Lighting.** Dim but enough to see (try a nightlight or hallway light).

Follow these steps silently.

- ☐ Slide a clean diaper under the dirty one before unfastening tabs.
- ☐ Use warm wipes (hold the pack in your hands for 10 seconds first).
- ☐ Wipe front to back in one motion, no rubbing back and forth.
- ☐ Fold the dirty diaper inward as you remove it to contain smells.
- ☐ Fasten the new diaper loosely enough to slide two fingers underneath.
- ☐ Apply diaper cream with a spatula to avoid cold hands startling baby.

If they start to stir, try this.

- **Shushing.** Keep a steady 'shhhh' in their ear louder than your movements.
- **Hand on chest.** Light pressure can reassure without fully waking them.
- **Delay the outfit.** Skip re-buttoning pajamas if they're calm in just a diaper.

NIGHT CHANGES ONLY

Darkness helps, don't turn on overhead lights. If you need to see, use a red or amber flashlight (it's less disruptive than white light).

You'll find your rhythm. Even if they wake sometimes, a quiet change means they'll settle back faster.