

CHANGE A DIAPER

So here's your chance to be a hero, and believe it or not, you'll be surprised how many people have no idea how to change a diaper, but that won't be true for a TrailBlazer like you.

When my older sister wanted to babysit, one of the first questions she was asked was if she knew how to change a diaper.

When she interviewed to work in a nursery, her employer was happy to know that she knew how to properly change a baby's diaper.

If you don't have a baby in your home, you can use a baby doll, as they used in my big sister's babysitting class.

Your parents should be able to direct you to a perfect candidate.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Change three diapers, demonstrating to an adult to make sure you have all of the steps.

LEVEL D

PERIOD 2

TASK 3

As a reminder, this is another skill where you'll want an adult helper. And it's very important to remember that you should always have a parent's permission before changing a baby's diaper.

Here are some tips to remember:

Baby's hands go everywhere you don't want them to go. It's a good idea to keep a toy in their hands so they stay distracted.

Make sure you have all the tools you are going to need ready at hand. There's nothing like realizing you don't have any wipes nearby just when you need them.

Remove the diaper and clean the baby. Make sure you wipe from front to back and only clean with a clean wipe.

When you put on the new diaper, make sure you get the diaper on the right way.

Even veteran grandparents have been known to send a toddler back to play with a diaper on backwards. That's not the best for optimum leak protection.

Make sure all the trash is disposed of properly, and wash your hands.

