

Side lying nappy change



Why do a side lying nappy change?

- Maintains best flexed position for the baby
- Baby can bring their hands to their mouth for comfort and regulation
- No change in blood pressure or intracranial pressure by lifting hips
 - Light dimmer and easier to control
 - Able to see baby and talk with them
 - Able to clean effectively

Side-lying Nappy Changes - Step by Step

1. Prepare nappy, cleaning wipes, water (warmed), towel, swaddle wrap and dummy if needed
2. Talk to baby, then touch with whole, still hand and wait
3. Bring your baby's hands into their middle and half-swaddle to support this position
4. Roll baby gently and slowly onto their side facing you
5. Keep a hand on at all times to provide comforting contact and support
6. Remove nest in front of baby, keeping base in place
7. Place clean nappy behind and under dirty nappy, scooping it under making sure tab is underneath body (push down onto the mattress as needed)
8. Undo dirty nappy, clean area and pull away from baby
9. Secure clean nappy onto baby, folding front down as needed and tucking in monitor leads under tabs.
10. Replace nest around baby, and leave hands on for a few minutes to ensure they are settled.

Scan this QR code to watch a side-lying nappy change



How to give your baby the support they need for caregiving

Babies on the neonatal unit often find the demands of caregiving overwhelming with multiple sensory demands from touch, handling and their environment. They require caregiving that is adjusted to their needs and responsive to the cues they are giving us in order to stay calm and organised in their body.

Here are some helpful tips:

- **'It Takes 2 to Care'** - Have your partner, nurse or therapist pair up with you - someone to support baby and someone to do the cares.
- **A calm environment** really helps - Your baby has to learn what to do with all the sensory input they are receiving. So keep lighting and voices low and use **your** soft voice to reassure them.
- **Temperature** - Warm up your hands and use water at room temperature. If the incubator temperature needs a boost, your baby's nurse can show you how.
- **Go slowly and purposefully - don't rush.** Your baby needs time to adjust and process all the information they are receiving from their sensory system. Pause when you think they need it.
- **Use long strokes** rather than feathery small ones when cleaning them - this is easier for your baby to manage.
- **Watch and respond to your baby's cues** - if they show 'wait' cues, pause, place still hands on them and wait for them to settle. Tell others what you observe - you are the expert in your baby.
- **Stay with them** after cares using a still hold and soft voice until they feel settled.

Its completely OK to gradually build your confidence in carrying out cares with your baby.

You may want to start with supporting your baby while the nurse changes the nappy. Then you may want to finish the change by securing tabs and leads. And you can gradually work 'backward' completing the previous step until before you know it, you feel confident in changing them yourself.

Have more questions?

Your Nurse and Neonatal Therapist can show you ways that are supportive, calming and nurture your baby's development. Just let your nurse and OT know you would like support to learn how to do these cares for your baby.

