



Nappy Change Teaching Package  
for Parents/Carers on the Neonatal Unit  
and Transitional Care

Patient details/Patient sticker

A separate sheet is needed for each care giver.

When Parents sign they are confirming that they have been shown how to change a nappy, practised with supervision, accept responsibility and feel confident and competent to perform a nappy change.

<b>Discussion/demonstration with family</b>	<b>Nurse signature &amp; date</b> (when parent/carer training has been given)	<b>Parent/Carer signature &amp; date</b> (when practised under supervision)	<b>Parent/Carer signature &amp; date</b> (when feels confident and competent)
I have received, read and understood a copy of the Network Parent Information <a href="#">‘Changing your Baby’s Nappy on the Neonatal Unit &amp; Transitional Care’</a>			
I have been shown the hand washing technique and use this prior to and after changing the nappy. I will apply alcohol gel before I start the procedure.			
It has been explained to me the importance of: <ul style="list-style-type: none"> <li>• Parents being involved at care times</li> <li>• Responsive care</li> <li>• Comfort holding</li> <li>• When the best time is to change a nappy</li> <li>• Comfort during nappy change i.e. side lying change, wrap blanket around arms and shoulders, avoid holding legs in the air, ensure room is warm/adequate incubator temperature and avoid waking the baby</li> <li>• Keeping light, noise and activity levels as low as possible</li> </ul>			
I have been given a demonstration of a nappy change by the nursing staff including: <ul style="list-style-type: none"> <li>• Ensuring room warm/incubator temp adequate</li> <li>• Gathering all items needed</li> <li>• Approaching baby quietly, talk softly and touch gently</li> <li>• Clean skin gently</li> <li>• Clean front to back</li> </ul>			

<ul style="list-style-type: none"> <li>• Dry skin</li> <li>• Use of barrier cream</li> <li>• Care of umbilicus</li> <li>• Application of clean nappy</li> <li>• Calming and comfort measures during nappy change and post change</li> <li>• Note poo colour and consistency</li> <li>• Note wee colour and amount</li> <li>• Note skin appearance and any signs of rash or breaking down of the skin</li> <li>• Correct disposal of dirty nappy according to hospital policy</li> </ul>			
<p>I am able to gather the right equipment to change my baby's nappy:</p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Cotton wool</li> <li>• Nappy bag</li> <li>• Clean nappy</li> <li>• Barrier cream</li> </ul>			