



# Every Change Matters™

## A QUICK REFERENCE GUIDE TO DEVELOPMENTAL DIAPERING CARE

The average child has up to 10,000 diaper changes in his or her lifetime. These diaper changes are more than an opportunity for a clean and dry diaper. These everyday, yet essential, moments are also a chance to integrate developmental care along with infant skin care. The five areas of focus in *Every Change Matters™: A Guide to Developmental Diapering Care* allow you to foster infant growth and development through nurturing human interaction—because every change matters. These enhanced care practices can be assimilated, taught, and modeled by healthcare professionals within the healthcare setting and adopted by parents and caregivers outside of healthcare settings to help infants thrive.



## Calm & Clean

### THE HEALING ENVIRONMENT

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- Make sure all supplies needed for the diaper change, including clean diapers and wipes, are in reach before starting the diaper change
- Before diapering, wash hands (don gloves per unit protocol)
- Prior to diapering, approach the infant calmly, intentionally, and with a gentle, purposeful touch while keeping the infant in as flexed a position as possible. Keep one hand on the infant at all times. For micro-preemies (<1500 g), it may be helpful for two caregivers to assist with the diaper change (one to gently perform the diaper change and the other to provide containment and flexion while offering other soothing comforting techniques)
- After diapering, the changing surface should be cleaned, gloves removed and discarded, and hands should be thoroughly washed or sanitized again



## Change & Check

### ACTIVITIES OF DAILY LIVING

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- Change diapers every 1 to 3 hours during the day and with each feeding at night (or at least once during the night) using a disposable diaper with superabsorbent gel
- Conduct a gentle, thorough cleansing of the genital area with baby wipes at every diaper change
- During each diaper change, carry out a focused assessment of the perianal area



# Comfort

## PAIN AND STRESS ASSESSMENT AND MANAGEMENT

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- Assess infant's cues related to stress and pain. Engage parents in learning these cues and how to offer comfort and support to their infant
- Provide comforting techniques that support the infant's motor and state systems, such as use of a positioning aid or by gently bringing extremities to midline
- Offer non-nutritive sucking; consider swabbing pacifier with mother's breast milk
- During diapering activities, move infant slowly and keep in contact with the supporting surface or caregiver whenever possible



# Champion Sleep

## PROTECTED SLEEP

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- Use diapers with wetness indicators to avoid waking a sleeping infant if their diaper is dry during routine check
- Employ strategies to facilitate infant sleep cycles, including minimizing ambient light exposure, avoiding direct light exposure, clustering cares to avoid disruption of sleep, minimizing noise, and fostering a quiet, calm environment
- Encourage kangaroo care, skin-to-skin contact, and gentle healing touch, as well as facilitating ongoing opportunities to experience mother's scent and voice



# Confidence & Closeness

## FAMILY-INTEGRATED CARE

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- Coach parents about how to incorporate developmentally supportive measures such as reading their infant's cues and providing comforting techniques
- Aid parents in becoming "confident caregivers" by encouraging them to perform skin assessments and to become familiar with their infant's behaviors and cues
- Encourage parents to take advantage of the diaper change as an excellent opportunity to engage with the infant through talk, singing, facial expressions, and intentional touch

