

Roll with the (diaper) changes

ANCHOR LEDE

Diaper changes.

They're something new parents can have a love-hate relationship with. Your baby's health is a top priority, but the late-night interactions with urine and feces might tempt you to put off the task.

Experts say that's not the approach to take. Having an ample supply of diapers and knowing how to use them are critical to your child's well-being.

TAKE VO

Best practices include

- Know the right way to change a diaper.

Frequent diaper checks are key. When changing the diaper, wipe excess urine or feces with a wet wipe, then allow the area to air out for a few minutes before putting the new diaper on. The adult should wash their hands after the diaper change. Dispose of the diaper away from your living area so it won't stink things up or be a temptation for a child or pet to get into.

- Watch for warning signs, and know how to treat.

The first symptom of a diaper rash will be red, irritated skin. You might also see small, red dots away from the rash. You can start by treating the problem at home with zinc oxide cream or petroleum jelly. Apply this to the baby's skin after each diaper change, not just when something is wrong.

If rashes aren't treated quickly, they can progress to a yeast or bacterial infection.

SOT

Dr. Awad Alyami (AH-wad // all-ee-AH-mee)

OSF HealthCare pediatrician

"Those can get complicated with abscesses. They can go to the bloodstream and cause systemic infections." (:08)

VO TAG

Dr. Alyami says it's pretty easy to know when to get a bigger diaper for your child. Most diapers have age recommendations on the label. Aside from that, look for imprints on the baby's skin when changing the diaper. Those are a sign the diaper is too tight, and you need to level up.

But if you do need help with diapers, talk to your pediatrician, church or health department.