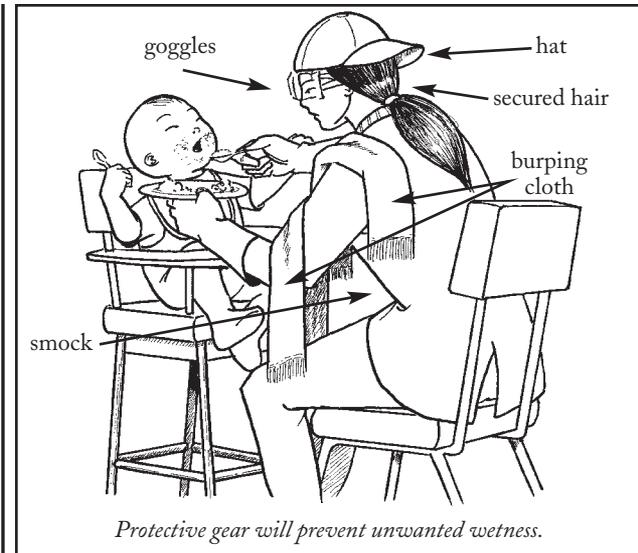


HOW TO PROTECT YOURSELF FROM UNWANTED WETNESS

- ★ **Drape a burp cloth on each shoulder.**
Shoulders are the primary repository for baby's wetness. Cover each shoulder with a diaper or burping cloth (if unavailable, remove shoulder pads from your clothes, if you have them, and wear them on the outside). Do not pin the protective cloth to your shoulder, since the pin could scratch the baby.
- ★ **Secure your hair.**
Pull long hair back and away from the baby's grasping, food-smearied fingers. Wrap a ponytail into a bun on top of your head. Do not use pins, clips, or bands, which the baby can remove, to secure hair. Try a hairnet, bell cap, or ski mask for complete protection.
- ★ **Wear recreational spectacles.**
Use swimming goggles, laboratory goggles, or other protective eye gear to keep baby food, fluids, and fingers out of your eyes. Use strap-on eyewear, which is more difficult for the baby to remove than regular rest-on-ear glasses.
- ★ **Wear a smock.**
Use a large, old shirt, worn backwards.



- ★ **Wear a bath towel.**
Cut a hole in the middle of the towel for your head. Roll back the edges of the incision and finish the edges to prevent unraveling.
- ★ **Wear an additional layer of clothing.**
Surgical scrubs or oversized pajamas provide comprehensive protection, are easy to put on and remove, and are easily washable.
- ★ **Wear nothing.**
Particularly when feeding a messy eater, wear as little clothing as possible. Take a quick communal bath afterwards.

★ **Keep a firm grip on your baby's ankles when changing a diaper.**

Maintain a tight but gentle clasp of both ankles. Allowing even one ankle to go free in mid-diaper change will provide the baby with the opportunity to slam his heel down to the surface of the changing area and into the contents of his soiled diaper.

★ **Make a barrier when changing your son's diaper.**

Place a diaper or burp cloth on his lower abdomen after you remove the old diaper. The protective cloth will guard against a potential fountain.

**WORST-CASE
SCENARIO.**