

## DRESSING UP

A new baby is cute, exciting, and expensive. Today we will discuss some of the basic needs for the newcomer.

The most obvious need is clothing. Since baby's spit up and dirty lots of diapers (that usually leak), you will need several sets of clothing for the baby. Diapers usually head the list of baby needs. There are three basic options for diapering your baby:

1. Disposable diapers.
2. Cloth diapers.
3. A diaper service.

Each option has its advantages and disadvantages, but the decision of which type of diapers to use may not be as simple as you think. Before you make a decision on what kind of diapers you would use, remember that diaper rash is caused by HEAT and MOISTURE. When babies are not changed frequently, the heat and moisture of their elimination causes diaper rash. Diaper rash can be prevented by changing diapers often and keeping the skin clean and dry. If a baby has diaper rash, allow air to come in contact with the area by allowing the child to go without a diaper for a short time and use a diaper rash ointment such as zinc oxide. Be sure you select a diaper with the baby's best interest in mind.

### CLOTH DIAPERS

If you want to use cloth diapers, you will need to invest in four dozen cloth diapers and four diaper guard pants. Keep in mind that there are different types of cloth diapers: flat, fitted, and folded.

#### Advantages:

1. Lower cost than disposable diapers.
2. Environmentally sound.
3. More apt to change infant frequently so less chance of diaper rash and more comfortable.

#### Disadvantages:

1. Takes more time and energy to care for.
2. Need a diaper pail and diaper guards.
3. Some argue that the chemicals in the detergents used to wash the diapers may make them as environmentally hazardous as disposable diapers.
4. Make traveling long distances difficult due to storage of the diaper.
5. Available in limited assortment of colors and sizes.
6. Plastic diaper guards are also required to keep the baby as dry as possible.

DISPOSABLE DIAPERS--show and discuss the different types of diapers available

Advantages:

1. Easy to care for.
2. Available in a wide variety of colors, sizes, and types.
3. Traveling with a child in diapers is easier.

Disadvantages:

1. Costs a great deal more money than cloth diapers.
2. Environmentally unsound--swamping the land fills.
3. Less apt to change the infant frequently--causes diaper rash.

DIAPER SERVICES--Check your local diaper service. Review the contract with the students.

Advantages:

All the advantages of cloth diapers with many of the advantages of disposable diapers.

Disadvantages:

Cost more than caring for cloth diapers individually but much less than disposable.

Now you have a baby and have selected the type of diapers you will use, here are a few diapering tips:

1. Have all the diapering items near the changing area.
2. Wipe away from the genitals to prevent infection and get the area completely clean.
3. Clean the skin with warm water and a soft wash cloth, making sure to clean in all the folds of the skin.
4. Rinse and pat the area dry, making sure to dry in all the folds of the skin.
5. Diaper the baby. (Teacher: show the class how to use both types of diapers.)

Once the diapering needs have been solved, there are additional physical needs. The baby will need clothes. For the first few weeks, even in the summer, a baby needs an undershirt. These will get wet usually about as often as a diaper, so be prepared to do lots of laundry, or buy lots of undershirts! Most people recommend buying about seven undershirts.

Each year brings new trends to baby clothes. One newborn boy received a pair of knitted cowboy boots and a pair of baby Wrangler jeans. Sounds cute, but is that what you want. The baby's feet would be comfortable, but new denim jeans certainly wouldn't be comfortable for the baby, no matter how cute they looked. You should think of the baby's comfort, not just fashion. One-piece footed sleepers are favorites of babies. You do not need to bother with socks, and there are no shirts to pull down or pants to pull up. They are easy for the parent and comfortable for the baby. They can also be bought in fairly large sizes since the leg length does not matter to the baby. Babies can wear these sleepers night and day. However, if you wish, gowns, fancy clothing, and official pajamas may be purchased for the baby.

Warmth is vital to a baby. Remember, it has just come from a very cozy environment! You will need several receiving blankets, a heavy blanket or quilt for the baby, and a sweater and hat. The basic rule for keeping the baby warm is to have the baby wear one more layer of clothing than you would. So, if it's a nice day and you are in shirtsleeves, the baby probably needs to wear a sweater.

Dressing the baby is fun. Just remember, babies lay down all the time. Would you like to lay with a gigantic bow sticking in your back or stomach? How about a belt poking in your tummy while you are trying to rest? Think more of the baby's comfort than how he/she looks.