

Your ULTIMATE Diaper Guide

If you're having a baby this year, you'll be **diapering until at least 2019**. And while changing may seem hard at first, we guarantee you'll be a pro in no time!

BY KATE ROCKWOOD

The average age for potty training a girl is 29 months. For boys, it's 31 months.



Diaper Trivia! Before the 15th century, the word "diaper" meant a costly fabric, but after years of using this type of cloth to



For just-born babes, you may need to fold down the top of the diaper to keep the stump of the umbilical cord uncovered.

Diaper dermatitis, a.k.a. diaper rash, is the most common skin disorder in early childhood.

Before a change, have everything you need in reach. It's not safe to leave Baby alone on the changing table for a moment, even when the safety strap is fastened.

cover babies' bottoms, the meaning gradually shifted. **|** Maria Allen created the first mass-produced **cloth diapers** in the

Find Your Fave

There is no such thing as one-option-fits-all when it comes to covering your baby's bum.

	Huggies \$\$	Seventh Generation \$\$	Pampers \$\$	Luvs \$
WHAT'S NEW	<ul style="list-style-type: none"> A new pocketed waistband on Little Snugglers keeps blowouts in check by preventing poop from creeping out the top, and Snug & Dry diapers now have four-layer protection for faster absorption. 	<ul style="list-style-type: none"> Its newly launched 5-Star Diapers are free of lotions, fragrances, and chlorine bleach (as always), but they're now certified by the Forest Stewardship Council and the Rainforest Alliance. 	<ul style="list-style-type: none"> Its signature channel design distributes moisture evenly from front to back, which means a better fit. The new Swaddlers Overnights combine that design with a special liner to protect infant skin. 	<ul style="list-style-type: none"> The 40-plus-year-old brand is known for its diaper's contoured shape and refastenable stretch tabs that make getting the right fit a breeze.
GOOD TO KNOW	<ul style="list-style-type: none"> Rack up rewards points easily, using its new Rewards app to scan your receipt. Watch videos and take surveys with the app for bonus points. Swap points for everything from Sephora gift cards to more diapers. 	<ul style="list-style-type: none"> Its online community, Generation Good, is where you can swap tips, ask questions, and get discounts. 	<ul style="list-style-type: none"> Head online or use its Rewards app to enter the on-pack code from diapers and wipes you buy, to accumulate rewards points for Shutterfly photos, toys, and more. You can also donate points to nonprofits like the March of Dimes and Feeding America. 	<ul style="list-style-type: none"> Luvs offers a no-fuss money-back guarantee if the diapers don't work for your babe. Mail in the receipt and UPC from packaging within 45 days of purchase.
WHAT THE FANS SAY	<ul style="list-style-type: none"> "My baby could soak a diaper in an hour or less! So I tried out Huggies Little Movers. They're really absorbent, and they stay in place well." <i>Meghann Stirton, mom of two; Hiawatha, Kansas</i> 	<ul style="list-style-type: none"> "I love that they don't smell like chlorine or perfume. The shell doesn't pill or get bunched, like others we tried, and the tabs adhere securely." <i>Melissa Wright, mom of one; Minneapolis</i> 	<ul style="list-style-type: none"> "I'm a Pampers mom to the core. I love their new wetness chambers that spread the bulk out and keep a wet diaper from sagging." <i>Andrea Brock, mom of three; Lombard, Illinois</i> 	<ul style="list-style-type: none"> "My pediatrician told me, when my oldest was born, to start with the most affordable diaper and stick with it if it works. And Luvs did—for both of my sons and my daughter." <i>Marisa Lengerich, mom of three; Wales, Wisconsin</i>

United States in 1887. Before then, mothers used a **square of linen or cotton**, held in place with safety pins. | The first leakproof

Up & Up \$

● Last fall, Target updated its designs, including **enhanced softness** and a soft-stretch waist that moves better with your baby.

Honest \$\$\$

● To keep its whimsical, **eye-catching designs** fresh, the company rolls out new patterns every few months, including limited-edition seasonal ones.

Kirkland \$

● **Known for a stretchy fit and absorbency; some sizes have secondary fasteners on the front for a more secure fit.**

● **Sales are frequent, and you can earn a store gift card by buying multiple boxes.**

● To shave down the cost by about 20 percent while upping the convenience, **order recurring bundles** through Honest.com: You get a month's worth of diapers and wipes for \$80.

● Like most things at Costco, the diapers are **sold in bulk**, often almost 200 per box. If your baby is between sizes, consider buying the larger size so that you won't have dozens of leftovers.

● **"The cutout for the umbilical cord in the newborn diapers is in the perfect place compared with other brands."**

Julia Bryant, mom of two; Chicago

● "The diapers feel like **fabric**, not plastic. It seems like whenever there's news about a toxin in diapers, Honest has already weeded it out."

Liz Stura, mom of two; Chicago

● "Before we tried these, we were dealing with leaks every day. Now they're rare. I love that they seem **more comfy** and how high they come up in back."

Jaclyn Del Re, mom of two; Bartlett, Illinois

HOW TO

Make a Change

Never done it? Or not since that one time you babysat your niece? No problem!

Keep him covered.

Open the soiled diaper, but leave it under his bottom, only partially open. The sudden exposure to air may cause your baby to pee, which can be messy if you've got a boy.

Get to work.

Hold Baby's ankles, lift his tush, and clean him with baby wipes. For girls, go from front to back to keep bacteria out of the vaginal area. Remove the dirty diaper, and put a fresh one under her. Apply diaper cream, focusing on the area around the rectum, which can quickly get inflamed.

Wrap it up.

Use the fasteners to secure the new diaper snugly to avoid leaks. Now your baby is set!

reusable diaper cover was invented in 1946 by Maria Donovan, who used **her sewing machine** to fashion together strips



→
One baby
is estimated to
use about
5,000 disposable
diapers.

↖
Diaper rash
tends to
peak for babies
between
6 months and
a year.

LOL BLOOPERS

We asked moms to share their best (er, worst) diaper snafus.

“ I didn’t know that bodysuits could be pulled down to take them off your infant. So after a really messy diaper change, I pulled one over my baby’s head. Poop got all over her hair and face—it was awful.”

Sara Patterson

“ **My 4-day-old daughter had a major blowout all over my husband. He stripped off her clothes and his shorts, and threw everything in the wash. About an hour later he couldn’t find his phone. Turns out, he’d thrown it in the wash!**”

Ariel Schwartz

“ When my second baby was born, I already felt like a pro, having diapered my daughter for a year. But the first time I changed my son, in the hospital, he peed all over me. I guess I had some things to learn about diapers and boy parts.”

Ashley Upton

OPENING SPREAD: LAURA LEYSHON/GETTY IMAGES.
PREVIOUS PAGE: LABOKO/GETTY IMAGES.
THIS PAGE: CONSTANCE BANNISTER CORP/GETTY IMAGES.

of shower curtains. | In 1983, manufacturers embraced superabsorbent polymers, and the **amount of fluff** pulp that

Bottoms Up

Pastes, creams, and ointments—oh my! Here's your three-step plan for preventing and caring for diaper rash.

1 Pinpoint the problem.

Irritant dermatitis is a run-of-the-mill diaper rash, and it's triggered by exposure to moisture from a soggy diaper or by enzymes in Baby's poop that irritate the skin. Candida, an angry red rash, is less common, and it's caused by yeast or other bacterial agents in the GI tract.

2 Clear it up.

For regular diaper rash, moisture is public enemy No. 1. To beat it: Double-down on more regular changes, switch to super-

absorbent diapers, and slather on an over-the-counter barrier cream made with zinc oxide, petrolatum, or both. If you suspect candida, head to the pediatrician to ask about using a prescription antifungal cream.

3 Learn to prevent.

Some babies are simply more prone to diaper rash, even with frequent diaper changes and lots of cream. If your little one's caught in a cycle of recurring rashes, tell your doctor—who may want to rule out other issues.

DARE TO CARE

Fit Pregnancy and Baby has teamed up with the GOOD+ Foundation, a nonprofit that helps break the cycle of family poverty, as part of our

"Dare to Care" initiative. How you can help: Make a diaper drive part of your baby shower. Diapers are a basic need, yet too many families can't afford them. Learn more at give.goodplusfoundation.org/parents.

“My mom and I saw a beautiful white couch at a store. We sat down on it, and I put my baby next to me. When I picked her up, poop was leaking all over the couch. I was so mortified that I ran out of the store. I’ve never been back.”

Kimberly Dubrey

“I was shopping at Target with my 10-month-old when she had an up-the-back, out-the-sides blowout. I had no change of clothes, so I grabbed an outfit, paid for it, then basically bathed her in the bathroom sink and changed her. I was a sweaty mess afterwards!”

Angela Kooima

SOLVED!

BIG & MESSY SITUATIONS

When you're on a road trip...

“Pull over and use the floor,” says Sara Correll, mom of four and creator of the blog *Confessions of an Outnumbered Mom*. “I once changed my baby on my seat and then had to sit in diarrhea for the rest of the trip! Using the floor makes it easier to clean up an accident.”

When you're on an airplane...

“There are changing tables in the bathrooms, but I think it's easier to use your lap,” she says. “Don't try to get it over with too quickly. That's when you make a mess. Turn to the person next to you, say, ‘This is happening, I'm so sorry,’ and go one step at a time.”

When you have an escape artist...

Use a safety pin to secure your baby's bodysuit to her diaper at the crotch from the inside (so she can't get poked from the pin), says Correll. “I did this after my twins smeared poop all over their cribs after a nap.”