



## Diapering as a Caring Moment

Being cared for is the newborn's first experience. How baby interprets the Caring Moment is determined by



voice



gestures



attitude



facial  
expressions



pace of  
movement

### Diapering Opportunities for High-quality, Relational Caregiving



each day



from birth  
to age 3

- caregiver provides a **protective presence**, buffering the effects of the diapering experience
- caregiver **converses softly** with baby, creating a **cooperative dance** of action and observation
- touch is **nurturing** and **supportive**
- caregiver is **sensitive to timing and movement**, pausing to respond at a coordinated pace
- caregiver notices what may capture the baby's attention and **narrates the activity**
- **baby is encouraged to respond playfully** to diapering tasks and caregiver interactions

Diapering presents a golden opportunity for providing high-quality, relational caregiving.

We can transform diapering away from “doing to” and toward “caring for” baby. We re-envision our approach to diapering to ensure babies have an inner experience of what it is to be cared for.

<h2>Diapering Transformation</h2>	
Doing <u>to</u> Baby      —————>      Doing <u>with</u> Baby	
Caregiver is task-oriented, the goal is efficiency in the task	Caregiver is <b>relationship-oriented</b> , the goal is <b>emotional connection</b> with baby
Movements are rough or jarring, caregiver is unconcerned with stress responses of baby	<b>Movements are gentle</b> , caregiver is <b>responsive to stress responses</b> of baby
Baby is restrained, unable to move freely	Baby has <b>freedom to move</b> safely and participate in interactions
Lacks verbal cues from caregiver, baby cannot learn to anticipate	Caregiver provides <b>verbal cues</b> to baby, promoting learning and relationship
Diapering is uninspiring for caregiver	Diapering is <b>mutually enjoyable</b> as the infant-caregiver relationship evolves

### Resources

Diaper Bank for Northeast Florida: <https://jaxdiaperbank.org/>

Re-envisioning Diapering Routines: Deboran Laurin, PhD  
<https://www.zerotothree.org/resource/one-diaper-at-a-time-re-envisioning-diapering-routines-with-infants-and-toddlers/>



**Newborn Touch**  
*Essentials*

*Knowledge, skills and resources to guide families and caregivers through pregnancy and beyond.*



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