

HOW TO Change a Diaper

YOU PROBABLY HAVEN'T CHANGED A DIAPER IN YEARS—AND IF YOU'RE a grandfather of a certain generation, maybe you've never changed a diaper at all. But that's no reason to be intimidated. Thanks to the miracle of disposable, pre-folded diapers and baby wipes, changing a diaper is easier than ever.

Of course, your children may be trying to help the environment by doing things the old-fashioned way—with cloth diapers, safety pins, and endless trips to the washing machine. If that's the case, ask your children to consider a temporary switch to disposable diapers while you babysit. If they protest, tell them you're out of practice and you're afraid of accidentally sticking the baby with a safety pin. That should do the trick.

WHAT YOU WILL NEED:

- Changing station
- Clean diaper
- Baby wipes
- Diaper cream
- Plastic bag for the dirty diaper

1. Assemble your supplies. If you're visiting the baby's house, simply locate the changing station and confirm that all of the items listed above are present. If the baby is visiting your house, you may want to set up a temporary changing station for the duration of the visit. You can purchase a changing pad at a store, although a large towel placed on a bed works just as well. Whatever you do, remember: Never leave a baby unattended on a changing table.
2. Open the clean diaper and place it to the side.
3. Lay the baby on his back and remove his pants.
4. Open the used diaper slowly.
5. If the diaper is wet, simply fold it over and put it out of reach, and use one wipe to clean the baby's bottom.
6. If the diaper is soiled, lift the baby's ankles to access and clean his bottom. This will likely require several wipes. If your grandchild is a girl, you should only wipe from front to back. Drop the used wipes on top of the open dirty diaper, covering some of the mess. When the baby's bottom is clean enough to rest on the

towel or pad, fold the dirty diaper up (using the Velcro bands to seal it tight) and put it in the waiting plastic bag or at least off to the side.

BE CAREFUL!

Some babies will push their feet into the poop before you have a chance to stop them. If this happens, use wipes to clean their feet well. In addition, boys occasionally pee while their diapers are off. If you are concerned about this, add a cloth diaper to your supplies and place it over the penis as you change the diaper.

7. Apply diaper cream to any red areas (unless you've received specific instructions otherwise from your children).
8. Gently lift the baby's ankles and slide the clean diaper under his bottom.

9. Lower the baby's legs and fold the front flap up, then fasten the side tabs of the diaper (these will be sticky or Velcro). You should be able to slip one finger between the diaper and the baby's tummy. Don't make it any looser, or it may fall off.

10. Dress the baby and dispose of the diaper. If the diaper is soiled, you may wish to carry it to an outdoor trash can.

11. Wash your hands thoroughly.

Fig. 1



Fig. 2



Fig. 3



Bear Facts

FROM PADDINGTON AND YOGI TO WINNIE-THE-POOH, BEARS HAVE FASCINATED CHILDREN FOR GENERATIONS—SO YOU SHOULD EXPECT plenty of questions on the subject. Here are a few bear necessities to educate and entertain.

- The Teddy Bear was introduced in the early 1900s after President Theodore Roosevelt refused to shoot a bear cub for sport. The story made headlines, and an enterprising toy maker created a stuffed bear cub called “Teddy’s Bear.” Around the same time, a well-known German toy company called Steiff was busy manufacturing and exporting stuffed bears, not aware of the craze that was beginning overseas. These two events helped to create an overwhelming demand for teddy bears; by 1906, they were among the most popular toys in the United States.
- Most bears are meat and vegetable eating mammals—though some favor meat more than others, and one type of bear (TYPE TK – the giant panda bear?) eats mostly vegetables.
- Bears live in the northern and southern hemispheres on the continents of North America, South America, Asia, and Europe.
- Typically, bears have big bodies, stocky legs, and long claws. Although they seem to lope around, they can actually run and climb quickly,

and they are excellent swimmers. They have an excellent sense of smell, and most of them spend the winter hibernating (sleeping for months at a time).

- Polar bears are the world’s largest predatory animals. They have thick white fur and a layer of fat that helps keep them warm because they live in the cold arctic. They are exceptional swimmers; the webbing between their clawed toes helps them move through water. They hunt and eat seals and fish that they find in the frozen sea. They spend much of their time on frozen shores and floating ice. Pads on the bottom of their feet help them keep their footing on the slippery surface.



- Brown bears live mostly in the northern parts of North America, Europe, and Asia. They are known for their digging abilities with claws that are always out and ready to dig, and notable muscles on their shoulders to aid them. Despite their large size, they are good runners, sometimes



reaching 35 miles per hour. There are many types of brown bears.

- Grizzly bears are a type of brown bear typically found in the northern part of North America. Grizzlies are solitary animals that will often gather at streams and rivers when salmon are moving through the area. Grizzly bears eat both plants and animals including berries, leaves, fish, and small animals. They spend much of the summer and fall getting ready for their winter sleep. While they hibernate, they do not go as deeply to sleep as some other hibernating animals—they are easily awakened.
- Giant panda bears live in China, and 99 percent of their diet consists of bamboo! Of course, they eat other things like fish and honey when they are available. Giant panda bears are an endangered species, which means they are in danger of dying out. The Chinese government is trying to make sure that does not happen.
- The sloth bear is covered with straggly fur and has a long snout. They live in the jungles of Asia. Sloth bears love to eat insects, especially termites; they use their long snouts to inhale them. Sloth bears are excellent climbers and spend a lot of time in trees for comfort or fun. These bears do not hibernate.
- Contrary to popular belief, koalas are not bears. Koalas are actually marsupials—which is a type of mammal that carries its young in a pouch. Ko-

alas feed on the leaves of eucalyptus trees; they also derive their water from these leaves. They spend all of their time in trees, climbing down only to move to another tree. They are awake during the night and sleep most of the day.

