

Nappy Challenge

To begin the nappy changing challenge you must have;

- 2 willing napping changing fathers.
- 1 or 2 assistants.
- A time keeper, to keep time and write up the leader board.
- All the necessary equipment.

Step 1: Fathers choose whether they'll be using disposable or reusable nappies.

Step 2: Changing stations are prepared with nappies, wipes and 'Babies' (dolls) with nappies on.

Step 3: Fathers are blind folded by assistant and the time keeper says; "on your marks, get set, go!"

Step 4: The first father to successfully complete the nappy change is the winner and their name and time goes on the leader board. The fastest overall time wins the prize pack.

*Optional extra -water pistols and a little assistant



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Equipment:

1. Stopwatch or phone timer



2. Dolls x 2



3. Disposable and reusable nappies



4. Chalk leaders board

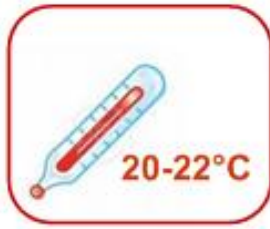


5. Blind fold x 2



New dad's nappy tips...

1.



Prepare equipment
and room



2.



WASH YOUR HANDS

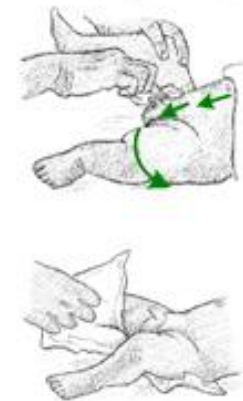
3.



-REMOVE THE CLOTHES
(only half of baby)

-REMOVE NAPPY
(fasten nappy tabs back)

4.



CLEANING
(from top to bottom)

DRYING

5.



SET A NEW NAPPY

6.



WASH YOUR HANDS

HOW OFTEN?



NEWBORN:
on each 3 hours



BABY:
5 x daily

ATTENTION!



Always clean from
front to back - away
from her vagina.



Cover the penis.

Cotton wool and water
is best for babies
skin

Got a question?

ask one of our team



TEAM
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