

Step-by-Step Guide: How to Use Nappy Pants

Now that your baby is ready for nappy pants, these step-by-step instructions will show you exactly how to change them:

1) Remove the Nappy Pants



Just tear both sides of the nappy pants and, keeping the mess at the bottom of the nappy, slide the pants out from between your baby's legs.

2) Roll Them Up



3) Tape Them Up



Nappy pants have a tape on the backside so you can secure the rolled-up nappy with that, then simply throw it away.

4) Clean as Usual



[Clean your baby's bottom](#) as you usually would when changing regular nappies.

5) Pop on a Fresh Pair of Nappy Pants



Pull on a fresh pair of nappy pants – the soft and stretchy waistband makes it easy to pop on, no matter how wriggly your baby is. There you go, all done!

Nappy pants make changing your little one's nappy quick and easy. Plus they're comfortable for your active baby so she can explore the world without mum and dad worrying about her nappy becoming loose or leaking.

- If you have some more questions about nappy pants, take a look at our handy [FAQ](#).
- Make sure you [download the Pampers Club app](#) because each time you buy Pampers Nappy Pants, you can collect points and rewards. That way each of your Pampers Nappy Pants purchases goes toward fun and useful rewards for both mum and baby.