

Did you know that 1 in 5 Canadian families don't have enough diapers to keep a baby dry and healthy¹? What does this mean for families?

- They have to **cut back on necessities** like food, utilities, medicine and child care in order to afford enough diapers for one's children¹
- Impacts the physical, mental and economic well-being of families^{2, 3}
- Families may not change diapers regularly, **increasing diaper dermatitis, infections and overall discomfort**
- Babies may be kept in wet/dirty diapers for as long as a full day or be put in a used diaper that has been dried out¹
- Parents cannot use daycare if they cannot provide disposable diapers¹
- Babies may **cry more often**, increasing anxiety and stress for parents and babies

CAPWHN Members can help!!

Join in the Third Annual CAPWHN Diaper Drive

Create a local diaper drive in your workplace

What can be donated?

- Talk to your leadership team to build support; ask if you can share information through your work email
 - Speak to the public relations department as they may wish to contact local media regarding your efforts
 - Make a large sign and donation box for your unit, cafeteria or other area
 - Create a diaper drive in lieu of birthday or other gift situations
 - Ask friends to contribute to the CAPWHN efforts
 - Challenge other units or facilities to collect the most diapers.
- [Full or partial boxes of disposable diapers](#) of any size/brand-
 - *What about cloth diapers?* Families with diaper need have stated they are not realistic because:
 - Day care facilities do not typically allow cloth diapers
 - Public laundry facilities do not allow washing of cloth diapers for sanitary reasons^{1, 5}
 - [Diaper wipes](#) compared to washcloths and water. Wipes a) maintain the acidic pH of the skin to protect skin & mature skin barrier; protect from pathogens and inhibit digestive enzymes in feces that break down skin b) provide emollients to decrease mechanical damage to skin⁴

**Your donations can be made to any Food Bank in Canada or to Diaper Banks
(diapers are their most needed item!)**

***Make sure you take a picture of your efforts and post on
social media, tagging @CAPWHN and using #DiaperDrive***

References

1. The Diaper Bank of Toronto accessed on line April 2019 http://www.thediaperbank.ca/tdb/The_Facts.html
2. Smith, M., Kruse, A., Weir, A., Goldblum, J. Diaper Need and its Impact on Child Health. *Pediatrics*. 2013 Aug; 132(2): 253–259. doi: [10.1542/peds.2013-0597](https://doi.org/10.1542/peds.2013-0597)
3. Austin, A., Smith, M. [Examining Material Hardship in Mothers: Associations of Diaper Need and Food Insecurity with Maternal Depressive Symptoms](#). *Health Equity*. 2017 Sep 1;1(1):127-133. doi: 10.1089/heap.2016.0023. eCollection 2017.
4. AWHONN [Neonatal Skin Care. Evidence Based Clinical Practice Guideline](#) 4th ed 2018
5. Coulas, S. (personal communication) 2018, Program Manager, Public Health Nursing, Hamilton Ontario.