Hadley

Babysitting Series

Feeding and Diaper Changing Sample

Welcome little one! It’s always exciting when there’s a baby in your circle of family and friends. And if you’re like many of us, you’d love to lend a hand with some babysitting. You’ve probably taken care of babies before—and there are some things you never forget. But we’ve got some tips that will have you caring for that little tot at feeding or changing time, with confidence, no matter your level of vision.

Let’s start with bottles. It’s always a good idea to be ready for feeding before the baby is ready to eat, and creating an organized space for your prep work can help. Lining up the bottles and formula on a tray, like a pan or a baking sheet with edges, makes it easier to find what you need when you need it. And doing your prep work over the tray makes clean-up quicker, if there’s a spill. If you have low vision, using a darker tray that contrasts with the baby bottles and milk can help the bottles stand out more.

Ed Haines: Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you prefer to talk through these questions we're just a phone call away at 800-323-4238. Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you logon. Plus it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?