



How to buy a changing table

You'll change 2,400 diapers by your baby's first birthday - so you'll need a comfortable place to do it.

choose what's right for your home

To create your own, place a contoured pad on a dresser or on the floor or bed.

You have two furniture options for your changing table:

- A basic table over a shelf or shelves.
- A table and dresser combined.

what to look for when buying

Versatility: A well-designed changing table can be used as shelving to store toys and blankets once your child's out of diapers. And a combination dresser and changing table can be used for years as a regular dresser if it's well made.

Safety straps: Choose a changing table with safety straps or one that allows you to attach a changing pad with a strap.

Sturdiness: Look for sturdy, stable legs. Shake the changing table with your hands, and if it feels rickety, choose another model.

Storage: You'll appreciate a place to store diapers, wipes, and creams, whether in drawers or on shelves.

Height: Make sure the changing table is at a comfortable height for you.

A guardrail: The higher the protective guardrail around the table, the better. The American Academy of Pediatrics recommends a railing at least 2 inches high on all sides.

what to avoid

Baby fall injuries: Always keep one hand on or right near your baby on the changing table - even if he's strapped in.

Shaky tables: Choose a stable, sturdy product that will keep your baby safe.

what it's going to cost you

Basic models range in price from

\$80 to \$200.

Fancier models can cost

\$200 to \$400+.



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