



# Diaper Depot



- The Diaper Depot is here to provide diapers to babies in need.
- Families can go to any of the listed locations to pick up diapers.
- Just tell us the town you live in and the size of your family so we can better serve you.

*\*In memory of Jo-ann Ames*

Find a Diaper Depot near you to pick up diapers for your child

## Diaper Depot Locations:



### White Mountain Community Health

298 White Mountain Hwy, Conway, NH 03818  
(603)447-8900



### WIC and Head Start located at Tri County CAP Building

448 White Mountain Hwy, Chocorua, NH 03817

**\*Call to set up a pick up time – staff are not always available for walk-in**

**Head Start:** Tamworth (603)323-9302 or Conway (603)447-5161

**WIC:** (603)332-4358



### Ossipee Concerned Citizens

3 Dore Street Center Ossipee, NH 03814  
(603)539-3064

To donate diapers contact Family Connections Resource Center at Children Unlimited 603-447-6356





# Tips for Parents from one parent to another

Feeding children can be hard.

Here are some suggestions for parent and child roles at meal time.

What is my job as a parent?	What is my child's responsibility?
<p><b>What is offered</b></p> <p>Parents choose what foods are offered to the child. When possible, give the child a choice between two options.</p>	<p><b>How Much they will eat</b></p> <p>The child will choose how much food they will eat. Allow your child to pay attention to their own hunger cues, this will help them learn to self-regulate and manage food intake as an adult.</p>
<p><b>When meal times are set</b></p> <p>Having scheduled meal and snack times allows parents to manage how often the child eats. Children feel secure knowing there are set meal times and that food will be available again soon.</p>	<p><b>Whether they will eat what is offered</b></p> <p>It is up to the child to decide if they will eat what is offered. Try to offer at least one food at each meal time that you know your child likes so you know they are eating enough.</p>
<p><b>Where meals are served</b></p> <p>Parents can choose where the child eats their meals and snacks. Keeping meal time in one location can make clean up easier and makes meal time separate from play time.</p>	



## WIC TIPS Make sure the diaper fits

### Check the waist and legs

- Make sure it's snug to the waist
- Fold out material around the legs, pull out diaper material around the legs to prevent leaks
- Diaper should be at the belly button, if it is too low, expect blow outs.

### Did you know you can modify a larger size diaper?

Choose a larger size and use this trick to prevent leaks!



- Fold down the front flap to sit closer at or under the belly button.
- In the back, fold down diaper and wrap Velcro around folded front and secure.
- Diaper should sit snug around baby's waist and at legs. One finger can move freely in between diaper and baby's skin to prevent it from being too tight.

### For nutrition support contact:

**UNH Extension, Nutrition Connections**  
Joy Gagnon, Extension Teacher  
(603)447-3834 or [joy.gagnon@unh.edu](mailto:joy.gagnon@unh.edu)  
Cooking and nutrition classes

**WIC (Women Infants and Children)**  
(603) 332-4358 [www.signupwic.com](http://www.signupwic.com)  
Food and nutrition support for pregnant women and children 5 and under