

Diapering

8 Steps for Easy Diapering

STEP 1 – GET ORGANIZED

Gather what you need:

- non-absorbent, disposable paper (recommended) or pad
- fresh diaper
- clean clothes (if necessary)
- plastic bag for soiled items
- disposable wipes
- gloves (recommended)
- diaper cream, removed from container and placed on a disposable tissue

STEP 2 – CARRY CHILD TO DIAPERING AREA

- Gently place child on diapering surface or allow older child to safely climb onto surface.
- Remove child's clothes, shoes and socks as needed.
- Put soiled clothes in plastic bag. Close securely for sending home. *Do not rinse.*

STEP 3 – REMOVE SOILED DIAPER*

- Put *disposable* diaper in a plastic lined, hands-free, covered trash receptacle.
- Put soiled *reusable* diaper in plastic bag. Close securely for sending home. *Do not rinse.*

STEP 4 – CLEAN CHILD*

- Using wipe, remove stool and urine from front to back; dispose of wipe.
- Remove and dispose of gloves, if used.
- Use a new wipe to remove soil from adult's hands.
- Use another new wipe to remove soil from child's hands.
- Place soiled wipes in plastic lined, hands-free, covered trash receptacle.

STEP 5 – PUT CLEAN DIAPER ON CHILD

- Place fresh diaper under child.
- Use tissue to apply diapering cream if needed. Discard tissue in plastic lined, hands-free, covered trash receptacle.
- Adjust and fasten diaper.
- Finish clothing child.

(turn page for steps 6-8)

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STEP 6 – WASH CHILD’S HANDS

- Take child to the sink. Hold child and wash child’s hands with running soap and water for at least 10 seconds.
- Use a disposable wipe if you are unable to hold child for hand washing or child has little body or head control.
- Return child to supervised area.

STEP 7 – CLEAN, RINSE, SANITIZE DIAPERING AREA

- Dispose of paper liner (if used) in a plastic lined, hands-free, covered trash receptacle.
- Spray both sides of pad with detergent solution.
- Spray and wipe **entire** diapering area with detergent solution; rinse with water if there is visible soap residue.
- Dry with paper towel.
- Spray **entire** diapering area with sanitizing solution. It can air dry or be wiped after 2 minutes.
- Sanitize any toys or objects child touched while being changed.

STEP 8 – WASH YOUR HANDS

- Put cleaning and sanitizing solutions away.
- Wash your hands with soap and running water for at least 10 seconds.

REMEMBER: *Diapering surface must be washed and sanitized after each diaper change.*

* The environment rating scales recommend removal of the soiled diaper before the child is cleaned. *Caring for our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2nd edition* recommends cleaning the child before the soiled diaper is removed. Credit for the appropriate ECERS-R indicator will be given when using either recommendation as long as recontamination does not occur.

Sources: *Family Child Care Environment Rating Scale Revised Edition*. Harms, T., Cryer, D., Clifford, R. *All About ECERS-R*. Harms, T., Cryer, D., Riley, C. American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education (2002). *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2nd edition*. Elk Grove Village, IL: American Academy of Pediatrics and Washington, DC: American Public Health Association. Also available at <http://nrc.uchsc.edu>.