

Diapering Steps

1. Gather supplies: diaper, wipes and gloves. *If needed:* ointment, clean clothes and plastic bag. Put on gloves.



2. Lay child on diapering surface. Remove clothing as needed. Bag soiled clothing. *Do not rinse.*

3. Unfasten diaper and leave under child. Use disposable wipes to clean child wiping front to back.



One wipe per swipe!

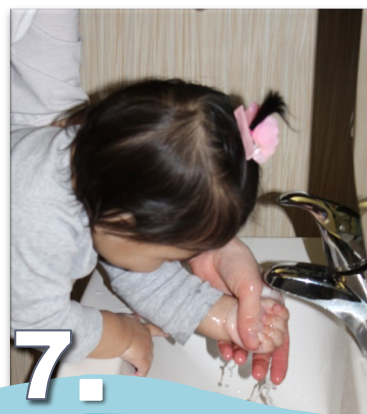


4. Remove diaper. Encase diaper in gloves.

5. Dispose of diaper in a hands-free trash can. *Use separate wipes to clean your hands and then the child's hands.*



6. Put clean diaper under child. *Apply ointment with a tissue, if needed.* Dress child.



7. Wash child's hands for 20 seconds. *Disposable wipes may be used for infants lacking head control.*

8. Return child to supervised area.



9. Clean and disinfect entire diapering area. *(Follow label directions)*

10. Wash hands for 20 seconds. Turn off water with paper towel.



Record diaper change.

Never leave a child unattended— not even for a moment.
Additional diapering information on reverse.



Lincoln-Lancaster County Health Department

Lincoln-Lancaster County Health Department Child Care Health Program
www.lincoln.ne.gov Search: child care health 402-441-8023

Step 1: Wash your hands following proper Hand Wash Procedure. If you have just changed another child and washed your hands, you do not need to repeat this step.

Disposable gloves are recommended and provide an additional layer of protection, however, they are not a substitute for physically washing hands.

Disposable paper may be used under the child, but is not a substitute for disinfecting the surface after each diaper change.

Remove disposable wipes from container for cleaning hands and the child's bottom. Dampened paper towels may be used instead of disposable wet wipes.

A dab of diapering cream/ointment, if needed, should be dispensed onto a tissue.

Get out clean clothes and a plastic bag for soiled items, if needed.

Step 2: Remove bottom clothing, including shoes and socks, if needed.

If soiled, place clothing in a plastic bag (without rinsing) to send home with the child.

Step 3: Unfasten diaper but leave under child by folding it over with the top front of the diaper under the child's bottom to prevent the child's bottom from touching the diapering changing surface.

Lift child's legs and clean bottom from front to back. Use fresh wipe each time. Place used wipes into soiled diaper.

Step 4: Remove diaper from under child folding soiled surface inward.

If possible, encase the diaper in your disposable gloves. Place rolled-up diaper in the palm of gloved hand. Use opposite hand to flip glove with the diaper inside-out encasing the soiled diaper inside the glove.

Step 5: Dispose of diaper and gloves in hands-free, covered trash can. If soiled diaper is not encased in the gloves, first dispose of the diaper and then remove gloves and dispose of them.

Use fresh wipe to clean your hands and a separate wipe for the child's hands. Dispose of wipes in a hands-free, covered trash can.

Step 6: If disposable paper is used and has become soiled, fold clean side of paper back under child's bottom. Put clean diaper under child's bottom. If using diaper cream, apply with facial tissue. Fasten diaper and dress child.

Step 7: Wash child's hands following proper Hand Wash Procedure at a hand wash sink. Teach child to sing a song, such as the ABC's, during hand washing to help him/her understand how long 20 seconds is. If an infant lacks proper head control, disposable wipes or damp paper towels may be used. *It is important for every child to have his/her hands properly cleaned after each diaper change.*

Step 8: Return child to supervised area before cleaning the diapering station.

Step 9: If paper liner was used, dispose of in hands-free, covered trash container.

If diapering surface is visibly soiled, use paper towels and clean with soap and water. Spray diapering surface with an EPA registered disinfectant solution. Allow surface to remain wet for the required contact time as stated on the chemical label. Use of a timer to keep track of the contact time is recommended. Allow surface to air dry or surface may be dried with a paper towel after the required contact time.

Disinfectant *by the diaper station* may be stored in an unlocked place inaccessible to children. This is a rule exception to NE DHHS title 391 3-006.32 E which states: All cleaning agents must be kept in locked storage at all times children are in care.

Step 10: Wash your hands following proper Hand Wash Procedure at a hand wash sink. Dry hands with a paper towel and use the paper towel to turn off the water.

Record time of change, diaper contents and any concerns on daily report form.

Hand Wash Procedure:

1. Moisten hands with water.
2. Apply liquid or foam soap to hands.
3. Rub hands together away from the flow of water for 20 seconds.
4. Rinse hands free of soap under running water.
5. Dry hands with a clean, disposable paper towel.
6. Turn off faucet with paper towel.
7. Throw the used paper towel into a hands-free trash can.

Additional information on diapering policies and procedures:

Caring For Our Children: National Health and Safety Standards Performance Standards
<http://www.cfoc.nrckids.org/> Search: Diapering

For recommendations on the use of cloth diapers in the early childhood setting:
<http://www.cfoc.nrckids.org/> Search: Cloth Diapers