



# Diapering/ Toileting

Diapering and the use of potty chairs carry distinct risks to the child care environment. Since the changing area is one of the places where germs which cause disease are most likely to live and spread, these activities must be handled with extreme care and attention to sanitation.

## The Diapering Area

The health and safety of the children in your child care setting demand that diapering be carried out in an environment that has been carefully planned. These are some important rules about the diapering area that should be remembered:

- Use the area only for diapering.
- Set up the diapering area as far away as possible from any food handling area.
- Provide running water so hands can be washed immediately after a diaper is changed. Ideally, a diaper changing area should be within arm's reach of a sink.
- Construct a flat and safe diapering surface high enough so that you do not put extra stress on your back.
- Be sure this surface is clean, waterproof and free of cracks or crevices. A good pad on the surface with a waterproof cover is more comfortable for the child.
- Cover the surface with a disposable cover. Use cheap materials such as paper bags, used computer paper (on the "wrong" side), rolls of paper, etc. or buy disposable squares from discount medical supply companies.
- Keep all creams, lotions and cleaning items out of the reach of children, but within your reach. Never give a child any of these to play with while being diapered, since s/he could be poisoned.
- Add a guard rail at least three inches high or a recessed area as a good, extra safety measure.
- Always keep a hand on the child.
- Never leave the child unattended, even for a second.

You should never wash or rinse diapers or clothes soiled with stool in the child care setting. Because of the risk of splashing and gross contamination of hands, sinks, and bathroom surfaces, rinsing increases the risk that you, other providers and the children would be exposed to germs that cause infection. All soiled clothing should be put in a plastic bag, securely closed, and sent home with the child without rinsing. (You may dump solid stool into a toilet.) You need to tell parents about this procedure and why it is important. They often request that diapers and training pants be rinsed out to avoid staining.

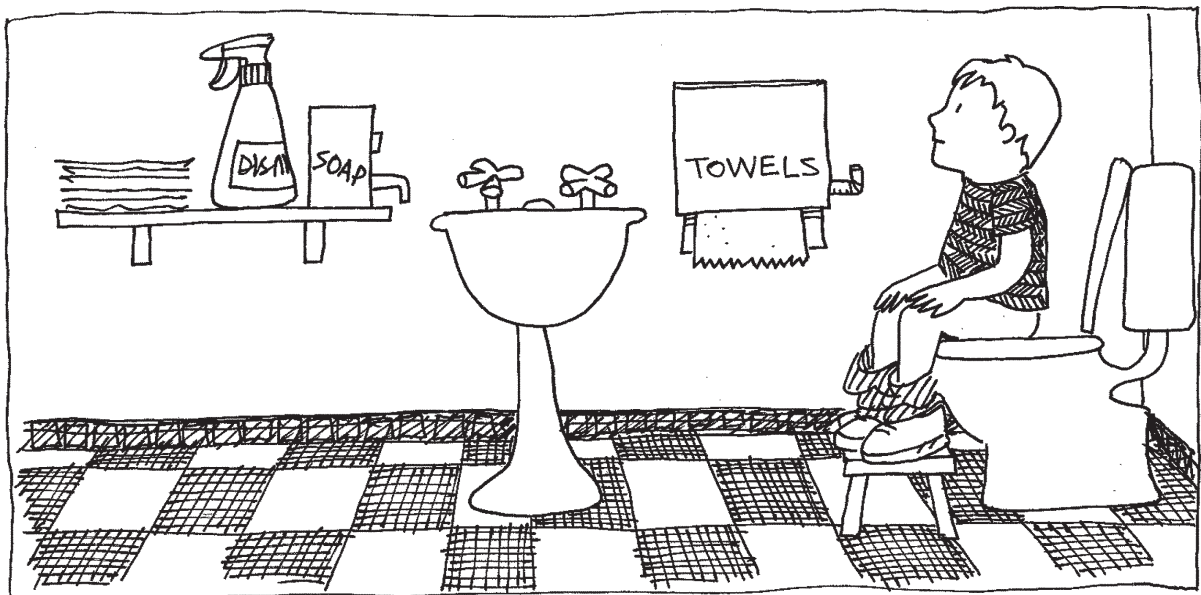
# Diapering/ Toileting

## Using Toilet-Training Equipment

The use of potty chairs in the child care setting should be discouraged. Potty chairs are difficult to keep clean and out of the reach of children. Small, flushable toilets or modified toilet seats and step aids are preferable.

If potty chairs are used for toilet training, you should use them only in a bathroom area and out of reach of toilets or other potty chairs. After each use of a potty chair, you should:

- Immediately empty the contents into a toilet, being careful not to splash or touch the water in the toilet.
- Rinse the potty chair with water and empty into toilet.
- Wash the chair with soap and water. Consider using paper towels or disposable mop. Empty soapy water into toilet.
- Rinse again. Empty into toilet and flush.
- Spray with bleach solution.
- Air dry.
- Wash and disinfect sink.
- Wash hands.
- Assist children in washing their hands.

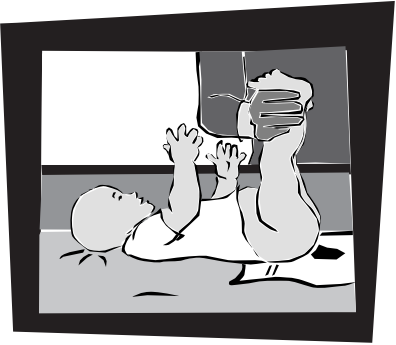


# Diapering Procedures



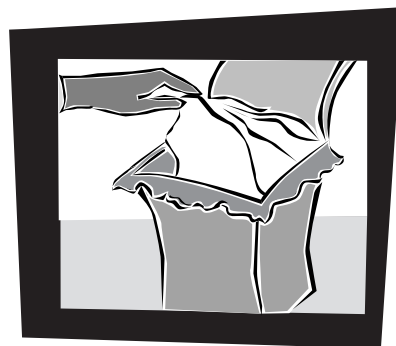
## 1. Organize needed supplies within reach.

- Wash your hands and gather what you need.
- Place a disposable cover on the diapering surface.



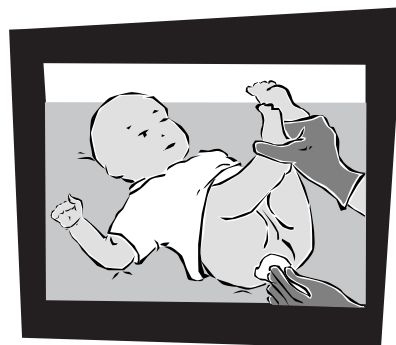
## 2. Avoid contact with soiled items.

- If using gloves, put them on now.
- Using only your hands, pick up the child.
- Provide steps for older children.
- Lay the child on the paper towel.
- Never leave the child unattended.



## 3. Remove the soiled diaper.

- Remove soiled diaper and soiled clothes.
- Fold the soiled surface inward.
- Put disposable diapers in a covered, plastic-lined trash can.
- Put soiled, reusable diaper and/or soiled clothes without rinsing in a plastic bag for parents.



## 4. Clean the child's diaper area.

- Use disposable wipes to clean and dry the child's bottom.
- If the child needs a more thorough washing, use soap, running water, and paper towels.
- Remove the disposable covering from beneath the child and discard it into a covered plastic-lined trash can.
- If you are wearing gloves, remove and dispose of them now into a covered, plastic-lined trash can.

# Diapering Procedures

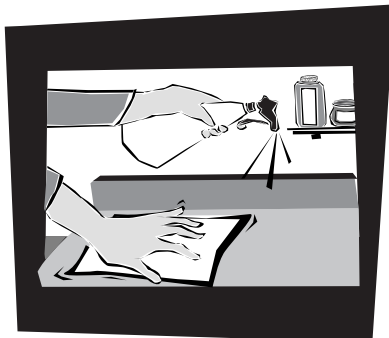


## 5. Put on a clean diaper and dress the child.

- Use a facial or toilet tissue to apply any necessary creams or ointments.
- Note and plan to report any skin problems such as redness.
- Slide a fresh diaper under the child, then adjust and fasten it. If pins are used, place your hand between the child and the diaper when inserting the pin.

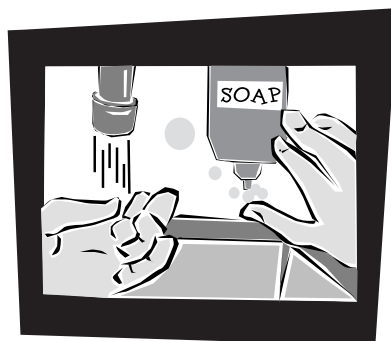


## 6. Wash the child's hands and return the child to a supervised area.



## 7. Clean and sanitize the diaper changing surface.

- Clean and disinfect the diapering area, all equipment or supplies that were touched, and soiled crib or cot, if needed.



## 8. Wash your own hands thoroughly.