

Diapering/Handwashing Procedure- for Use with the ERS

1. Before beginning the diapering procedure, clean your hands by using proper hand hygiene (handwashing or use of hand sanitizer according to directions).
2. To minimize contamination, prepare for diapering by getting out all of the supplies needed for the diaper change and placing them near, **but not on**, the diapering surface, for example:
 - Non-porous changing table paper to cover the table from the child's shoulders to beyond the child's feet (in case it becomes soiled and must be folded over to create a clean surface during the change)
 - Enough wipes for the diaper change, including cleaning the child's bottom and wiping the teacher's and child's hands before putting on the clean diaper (wipes must be taken out of their container)
 - Unused diaper and clean clothes, if needed
 - A plastic bag for soiled clothes
 - Disposable gloves (if used)
 - A dab of diaper cream on a disposable paper towel (if used)
3. Place the child on diapering table. Remove clothing to access diaper. If soiled, place clothes into a plastic bag.
4. Open the soiled diaper and leave under the child while the child is cleaned.
5. Use wipes to clean child's bottom from front to back (one wipe per swipe) and throw away with the soiled diaper into a plastic-lined, covered, hands-free trash container.
6. Check for spills on the paper liner, and if needed, fold the paper over to create a clean surface.
7. If gloves are used, they must be discarded at this time.
8. Use a wipe to remove soil from your hands and throw into trash container.
9. Use another wipe to remove soil from child's hands and throw into trash container.
10. Slide the clean diaper under the child, and use a facial or toilet tissue or clean disposable gloves to apply any necessary diaper creams, discarding the tissue or gloves in a plastic-lined, hands-free covered can and redress the child.
11. Wash the child's hands following the proper handwashing procedure- see below (use of hand sanitizer is also acceptable for children 2 and older, if hands are not visibly soiled). Return the child to the play area without touching any other surfaces.
12. Dispose of the disposable paper liner in the plastic-lined, hands-free covered can.
13. Remove any visible soil from the changing surface with a disposable paper towel saturated with water and detergent, and then rinse.
14. Wet the entire changing surface with a disinfectant that is appropriate for the surface material being treated. Follow the manufacturer's instructions for use.
15. Clean your hands by using proper hand hygiene (handwashing, or use of hand sanitizer according to directions if hands are not visibly soiled).

Handwashing Procedure*:

1. Moisten hands with water and apply liquid soap. 2. Rub hands together away from the flow of water for 20 seconds.
3. Rinse hands free of soap under running water.
4. Dry hands with a clean disposable paper towel or a one-time use cloth towel, or dry thoroughly with an air dryer.

*Since current research has not shown that a significant number of germs are transferred between hands and faucet during handwashing, it is not required to turn off the faucet with a paper towel. In addition, to conserve water, the faucet may be turned off during the lathering step and turned back on for rinsing. (*Caring for Our Children, 4th edition*, Standard 3.2.2.2, updated May 2019)

PULL UPS

CHANGING SOILED PULL-UPS / UNDERWEAR AND HANDWASHING

Information taken from *Caring for Our Children: The National and Safety Performance Standards for Out-of-Home Care, 3rd edition*, American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Childcare (2011).

Changing Procedure for Changing Children's Soiled Underwear / Pull-ups and Clothing - Standing up

1. Before beginning the changing procedure, clean your hands by using proper hand hygiene (handwashing or use of hand sanitizer according to directions).
2. To minimize contamination, prepare for changing by getting out all of the supplies needed for the diaper change and placing them near, **but not on**, the floor (or changing surface), for example:
 - ❖ Enough wipes for the pull-up / underwear change, including cleaning the child's bottom and wiping the teacher's and child's hands before putting on the clean pull-up or underwear (wipes must be taken out of their container)
 - ❖ A clean pull up or underwear, and clean clothes (if you need them)
 - ❖ A plastic bag for soiled clothes, including underwear and pull-ups (if soiled clothing is anticipated)
 - ❖ Non-porous gloves (if used)
 - ❖ Changing table paper (if used) to extend from the child's shoulders to feet (in case it becomes soiled and must be folded over to create a clean surface during the change)
3. Remove clothing (pants, shorts, etc.), shoes and socks. If the child is standing, it may cause the clothing, shoes, and socks to become soiled, so the caregiver **must** remove these items before the change begins.
4. To avoid contaminating the child's clothes, have the child hold their shirt up above their waist during the change, or use plastic clothes pins that can be washed and sanitized after each change to keep clothing out of the way.
5. If disposable pull-ups were used, pull the sides apart rather than sliding the garment down the child's legs. If underwear is being changed, remove the soiled underwear and any soiled clothing, doing your best to avoid contamination of surfaces.
6. To avoid contamination of the environment do not rinse the soiled clothing in the toilet or elsewhere. Place all soiled garments in a plastic-lined, hands-free bag to be cleaned at the child's home. If the child's shoes are soiled, the caregiver must wash and sanitize them before putting them back on the child, or the facility can request a few extra pairs of socks and shoes from the parent to be kept at the facility.
7. Check for spills under the child. If there are any, use the paper to fold over the soiled part so that a fresh, unsoiled paper surface is now under the child.

8. Use wipes to clean child's bottom from front to back (one wipe per swipe) and throw away into the soiled pull-up or into a plastic-lined, hands-free covered trash container.
9. If gloves are used, they must be discarded at this time in the hands-free container.
10. Use a wipe to remove soil from your hands and throw into the trash container.
11. Use another wipe to remove soil from child's hands and throw into the trash container.
12. Put on clean pull-up or underwear and assist the child as needed.
13. Wash the child's hands following the proper handwashing procedure (use of hand sanitizer is also acceptable for children 2 and older). Return the child to the play area without touching any other surfaces.
10. Clean the floor (or changing surface) by disposing of the paper liner (if used) under the child in a plastic-lined, hands-free trash container; if clothing was soiled, securely tie the plastic bag used to store the clothing and send home; remove any visible soil from the floor (or changing surface) with a water saturated disposable paper towel or wipe; wet the entire floor (or changing surface) with an appropriate ERA approved disinfectant for the type of surface being cleaned (follow manufacturer's instructions) or use