



# Diapering in Daycare

Following a recommended, and careful, diapering regimen will prevent the spread of gastrointestinal illnesses.

The following is recommended for safe diapering in day care settings:

## Changing Areas

- The diaper changing area should be away from the children's play and food handling areas. A separate sink for hand washing should always be used away from the food preparation area.
- All diapering is done on a surface with a washable plastic-covered pad with no cracks or tears.
- Disposable paper should cover the plastic surface so each child lies on a fresh, clean surface. Shelf paper, wax paper or computer paper may be used.

## Diapering Procedure:

- Get out all materials needed before you begin a diaper change.
- Cover the plastic changing surface with clean disposable paper barrier.
- Place the child on the paper surface and remove the dirty diaper. **Always use disposable gloves for protection.**
- Clean child with paper towel or wipe, and reapply a clean diaper.
- Roll up soiled diaper in the disposable paper that was under the child, and discard into a covered waste can with a lid, preferably a can with a foot pedal.
- Place any soiled clothing in a plastic bag.

- Clean the plastic surface after each diaper change. Wash all surfaces with detergent and disinfect with a premixed disinfectant, or mix a solution of 1 part chlorine bleach with 10 parts water (made fresh daily). ***This solution should be labeled and stored out of the reach of all children.***
- **Wash hands, both yours and the child's after each diaper change, thoroughly with soap and warm running water!**
  - ✓ Lather and use friction, paying particular attention to under the nails and between fingers.
  - ✓ Dry hands with paper towel, turn off faucets with paper towel, and discard towel into the proper trash receptacle.
  - ✓ If water is not available, antibacterial gels may be used, although these products are **not as effective** as soap and water.
- Dispose of waste bag from container when full or at the end of the day.
- Clean and disinfect the diaper waste pail every 2-3 days, or more often if needed.

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