



Step 1: Get Organized

Before you bring the child to the diaper changing area, wash your hands, gather and bring what you will need to the diaper changing table:

- ✓ Non-absorbent paper liner large enough to cover the changing surface from the child's shoulders to beyond the child's feet
- ✓ Fresh diaper and clean clothes - as needed
- ✓ Wipes for cleaning the child's genitalia and buttocks removed from the container -- so you do not touch the container during diaper changing
- ✓ Wipes for cleaning child and provider hands (see Step 4)
- ✓ A plastic bag for soiled clothes
- ✓ Disposable gloves, (put gloves on before handling soiled clothing or diapers)
- ✓ Diaper cream (when needed/appropriate) remove from the container onto facial or toilet tissue ready to apply to child's skin



Step 2: Carry the child to the changing table

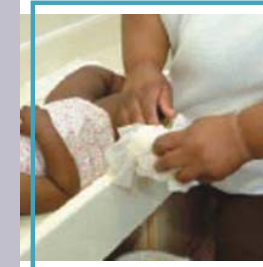
Keep soiled child clothing away from you and any surfaces you cannot easily clean and disinfect after the diaper change.

- ✓ Always keep a hand on the child
- ✓ If a child's feet cannot be kept out of the diaper or from contact with soiled skin during the changing process, remove the child's shoes and socks so the child does not contaminate these surfaces with stool or urine during the diaper changing
- ✓ Put soiled clothes in a plastic bag and securely tie the plastic bag to send the soiled clothes home



Step 3: Clean the child's diaper area

- ✓ Place the child on the diaper change surface and unfasten the diaper but leave the soiled diaper under the child
- ✓ If safety pins are used, close each pin immediately once it is removed and keep pins out of the child's reach. Never hold the pins in your mouth.
- ✓ Lift the child's legs as needed to use disposable wipes to clean the skin on the child's genitalia and buttocks. Remove stool and urine from front to back and use a fresh wipe each time. Put the soiled wipes into the soiled diaper or directly into a plastic-lined, hands-free covered waste-can



Step 4: Remove the soiled diaper

Remove the soiled diaper without contaminating any surface not already in contact with stool or urine.

- ✓ Fold the soiled surface of the diaper inward
- Put soiled disposable diapers in a covered, plastic-lined, hands-free covered waste-can. If reusable cloth diapers are used, put the soiled cloth diaper and its contents (without emptying or rinsing) in a plastic bag or into a plastic-lined, hands-free covered container to give to parents or laundry service
- ✓ Remove gloves using the proper technique and put soiled gloves into a plastic-lined, hands-free covered waste-can
- ✓ Use a disposable wipe to clean the caregiver's hands and another disposable wipe to clean the child's hands, discard soiled wipes into the plastic-lined, hands-free covered waste-can
- ✓ Check for spills under the child. If there are any, use the paper that extends under the child's feet to fold over the disposable paper so a fresh, unsoiled paper surface is now under the child's buttocks

Diapering Procedure



Step 5: Put on a clean diaper and dress the child

- ✓ Slide a fresh diaper under the child
- ✓ Use a facial or toilet tissue or wear clean disposable glove to apply any necessary diaper creams, discarding the tissue or glove in a covered, plastic-lined, hands-free covered can
- ✓ Take notice and plan to report any skin problems such as redness, skin cracks or bleeding
- ✓ Fasten the diaper. If pins are used, place your hand between the child and the diaper when inserting the pin



Step 6: Wash the child's hands

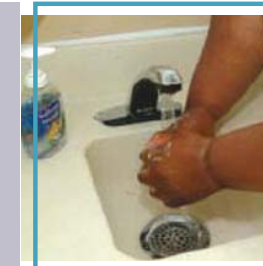
and return the child to a supervised area.

- ✓ Use soap and running water, no less than 60 degrees F and no more than 120 degrees F, at a sink to wash the child's hands
- ✓ If a child is too heavy to hold for handwashing or cannot stand at the sink, use the three-towel method for handwashing procedure:
 - Wipe the child's hands with a damp paper towel moistened with a drop of liquid soap
 - Wipe the child's hands with a paper towel wet with clear water
 - Dry the child's hands with a paper towel



Step 7: Clean and disinfect the diaper-changing surface

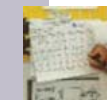
- ✓ Dispose of the disposable paper liner used on the diaper changing surface in a plastic-lined, hands-free covered waste-can
- ✓ Clean the changing surface with soap and water,
- ✓ Rinse the surface with water
- ✓ Wet the entire changing surface with a disinfectant solution, following manufacturer's instructions for mixing ratio and dwell time
- ✓ Safely store cleaning solution and disinfectant



Step 8: Wash your hands

then record the diaper change in the child's daily log

- ✓ In the daily log, record what was in the diaper and any problems (like loose stool, unusual odor, blood in the stool or skin irritation). Report any problems or observation as necessary



For information about health and safety in child care, contact Healthy Child Care Iowa at 1-800-369-2229 or visit the Web site at www.idph.iowa.gov/hcci

Reference: *Caring for Our Children*, Fourth Edition (2019) American Academy of Pediatrics.

Photos courtesy of Healthy Child Care North Carolina