

# Diapering... Do It Right!



## STEP #1

### Do you have what you need?

Wash your hands before you start!

- Non-absorbent paper liner that covers the entire diapering surface ... top to bottom
- New diapers and clean clothes (if needed)
- Dampened cloth, wipes or wet paper towels to get the job done
- A plastic bag for all things dirty
- Disposable gloves (if using)
- Diaper cream (like zinc oxide) on something disposable (e.g., tissue, folded paper towel, etc.) if needed

## STEP #2

### Locate the Little One

- If you notice that clothing has become soiled, your job is a little bit harder. Keep those soiled clothes away from you and any surface that cannot be easily cleaned or sanitized as you carry the child to the changing area.
- We know they squirm. Keep a hand on little ones at all times!
- Are shoes and socks going to get messy in the process? If so, remove them before you start.

## STEP #5

### Put on a Clean Diaper

- Slip a fresh, clean diaper under the child (often easier said than done).
- Use a facial tissue or toilet paper (or wear a new pair of gloves) to apply diaper cream (if needed). Then, of course, you will put all the leftover diaper cream in the plastic-lined, hands-free can.
- Rashes? Bleeding? Skin problems? Don't forget to make a mental note of those so you can share this information with parents/guardians.
- Finally, fasten the diaper. If you are using cloth diapers and pins, put your finger between the child and pin.

## STEP #6

### Wash the Child's Hands

- Use soap and water. Make sure the temperature of the water is between 60° and 120° F.
- Return that clean, happy child to a supervised area.

## STEP #3 Tackle the Job - Cleaning Before Changing

- This is the challenging part ... put the child on the changing table & open the diaper but do not remove it yet. (We know ... tricky!)
- If using safety pins, remove them and close them immediately. Put out of reach!
- Lift up the child's bottom and wipe well with your choice of disposable wipe, dampened cloth or wet paper towel. Always wipe from front to back! **Use a new wipe each time you swipe.**
- Put those dirty, icky wipes or damp paper towels inside the dirty, icky diaper and put everything into a covered, plastic-lined, hands-free can.
- Using reusable cloths? Those need to go in a washable, plastic-lined, tightly-covered container until they can be washed. Remember ... keep the container at arm's length and make sure you can easily open and close it (without touching).

## STEP #4 Clean Up ... Don't Contaminate!

- Fold dirty diapers inward, keeping everything yucky safely inside.
- Put soiled disposable diapers in a covered, plastic-lined, hands-free can.
- Using cloth diapers? Put those in a plastic bag WITH the contents inside or in a covered, plastic-lined, hands-free can. Give these to parents/guardians or a laundry service to take care of.
- Any spills? If so, simply fold the absorbent paper on the changing table up from the bottom of to cover them. That way, fresh paper is under the child's bottom.
- Used gloves? Remove them by pinching the palm portion of one glove, turning it inside-out, balling it up and putting it in the palm of the other hand before removing the other glove. And of course, put the used gloves in the covered, plastic-lined, hands-free can.
- Even if you use gloves, use a fresh wipe to wipe your hands and another one to wipe the child's hands. And guess where you put those used wipes? Correct! In the covered, plastic-lined, hands-free can.

## STEP #7 Disinfect to Wrap It Up

- Throw the disposable paper liner in the covered, plastic-lined, hands-free can.
- Do you have dirty clothing in a plastic bag? If so, tightly tie the plastic bag containing the items and send that little "present" home.
- Use a paper towel saturated with water and detergent to clean any visible "yuckiness" from the table. Rinse well.
- You're almost there! Use a disinfectant appropriate for the surface material to wet the entire area. Be sure to follow the manufacture's directions for use.
- **PUT AWAY THE DISINFECTANT!**
- Does your disinfectant require rinsing? If so, be sure to take care of that step now.

## STEP #8 Wash Your Hands!

- The last step! Follow the established handwashing procedure to wash your hands.
- Record the diaper change on the child's log, being sure to note any problems such as rashes or bleeding.
- Oh, and if anything seems out of the ordinary with the stool, be sure to report that as well. Parents/Guardians need to know about changes in that area.