

# Diapering...Do It Right!

## Step #1:

### Do You Have What You Need?

- Non-absorbent paper liner that covers the entire 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 you are going to use them)
- Diaper cream (like zinc oxide) on a disposable (e.g., tissue, toilet tissue) 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.
- 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 #3:

### Tackle the Job - Cleaning Before Changing

- This is the challenging part...put the child on the changing table and 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 or you know where they will end up.
- Lift up the child's bottom and wipe well with your choice of disposable wipe, dampened cloth or wet paper towel. Always wipe from the front to the 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!



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## 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? No worries! Put those in a plastic bag WITH the contents inside or in a covered, plastic-lined, hands-free can. Give these lovely diapers to parents/guardians or a laundry service to take care of.
- Any spills? If so, simply fold the absorbent paper up from the bottom 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 used gloves, use a fresh wipe to wipe your hands and another one to wipe the child's hands. And guess where you will put those used wipes? Correct! The covered, plastic-lined, hands-free can!

## Step #5: Put on the 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 disposable gloves) to apply diaper cream...if needed. And then, of course, you will put all the leftovers where? In the covered, 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 later.
- Finally...fasten the diaper. If you are using cloth diapers and pins, make sure not to poke the child. Ouch! To do this, simply put your finger between the child and the pin.

## Step #6: Wash the Child's Hands!

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



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## 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 manufacturer’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!

# You Did It!

