

At minimum, diapers MUST be changed EVERY TWO HOURS!

1. Start with a CLEAN diapering surface!

The changing table should have been properly cleaned AND disinfected after the last diaper change. No storage on changing table/surface.

2. Gather your items beforehand.

Before picking up the child, gather clean diaper, lay out enough wipes, spread diaper cream on tissue/paper towel, or have an extra glove & diaper cream out. If you use the changing paper, roll it out over the table. Put gloves on.

3. Pick-up the child, or help them up the stairs.

Keep in mind, diaper changes should be a pleasant experience. Talk to the child during the change. Don't know what to talk about? Talk the child through the steps of the diaper change. For example: “OK, let's take off the dirty diaper....”

4. Remove clothes, begin diaper change.

The revised steps are as follows:

- **Each wipe is only good for one “swipe”.** Spread the wipe across your hand, start at the top, and wipe down- once you get to the bottom, dispose of the wipe. Continue this step until the area is clean.
- **Dispose of the diapers, wipes and your gloves.** Preferably, in a covered, step-action opening trash can.
- **Wipe your hands.** Once you have disposed of the dirty diaper & gloves, use a clean wipe on your hands.
- **Wipe the child's hands.** Use a clean wipe on the child's hands.
- **Put on a clean diaper.**
- **Apply Diaper Cream.** If applicable. Use a clean glove, or the prepared paper towel or tissue.
- **Put on and fasten clothing.**

5. Wash your hands AND the child's hands.

Using soap and warm water (80-110°F), vigorously rub your hands together for 20 seconds, rinse, and use a paper towel to turn off the faucet. Suggest teaching the children a hand washing song to teach children proper procedures.

6. Clean AND Disinfectant the changing table surface.

Use the soap water solution in a spray bottle, and clean the entire surface. Don't forget to pick up & clean under the mat (if used). Once clean, take the Disinfectant Solution (500-800ppm) and spray the entire surface until “glistening” and allow to air dry completely, or at bare minimum 2 full minutes.