



Diapering Recommendations for Family/Group Child Care

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

1. Supervision is the most important thing to consider when diapering. Select a place where you are able to see and hear the other children while you are diapering. Always keep a hand on the child if on an elevated surface to prevent falls. Never leave a child unattended when diapering.
2. Diapering should be done preferably off the floor. Side rails or raised edges on pad or table (preferably 6") are recommended to prevent falling.
3. If diapering is done on the floor, the changing pad should be placed on nonporous and washable flooring (ex. linoleum/vinyl) if possible.
4. Diapering is not allowed in kitchen or in any eating area.
5. If you change diapers in different locations, a caddy with handle works well to carry your supplies.
6. Diapering must be done on a changing pad made of nonporous/washable material without any cracks/tears. No cloth material can be used as a diapering surface. If changing pad cracks/tears, replace it.
7. Handwashing should be done after diapering, preferably at a bathroom sink. However, the kitchen sink can be used if the kitchen sink is the only sink available or if you can maintain supervision using the kitchen sink. If the kitchen sink is used, it is important to disinfect the faucets/handles and sink after using the sink for diapering.
8. Soiled diapers should be directly placed into a covered garbage can separate from other garbage. If possible, purchasing a step-lid garbage would be another way to reduce the spread of germs, since you would not have to touch the garbage. The garbage can should be close to where diapering takes place to prevent carrying soiled diapers through the house or placing on them the floor/surface until they are disposed of after the diaper is changed.
If you change diapers in different locations, place soiled diapers/wipes/gloves etc. directly into a plastic bag, tie shut, then place in a covered garbage can.
9. With each diaper change (wet or BM), it is most important to remember the following three steps: wash child's hands (even infants), disinfect the diaper pad, and wash your hands. By remembering these steps each time, you can help cut down on the spread of germs.