



## Diapering Recommendations for Child Care Centers

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

- Changing pads should be made of nonporous, washable material without any cracks or tears. No cloth material can be used as a diapering surface.
- If changing pad cracks or tears, replace it. Do not try to repair it with tape or by covering it.
- Straps on changing tables/pads are not recommended – they spread germs and do not always keep a child in place. It is best to remove the straps and to always keep your hand on the child instead.
- Side rails or raised edges (preferably 6”) are recommended to prevent a child from falling off the diaper table.
- Diapering should be done off the floor on a changing table or counter.
- Diapering should be done close to a sink for handwashing. For best practice, it is recommended to have the sink within 3 feet of the changing table. For licensing, the sink must be within 10 feet of the diapering area.
- If there are two sinks in the room, designate one for diapering only. The other sink should be designated the “clean sink” where washing before meals/food prep takes place, as well as getting water for bottle prep/drinking.
- If only one sink is available for food prep and diapering, the faucet, sink, and handles need to be disinfected after using for diapering \ before sink is used for food prep.
- Store diapering supplies and extra clothing close to diapering station if possible.
- Diaper ointment and creams should be kept out of the reach of children.
- Other supplies such as pacifiers, bottles, infant food, medications, etc. should not be stored with diapering supplies or in the diapering area.
- Diapering procedure must be posted.
- Soiled diapers should be directly disposed of into a covered, plastic-lined step can. The step can should be close to where diapering takes place to prevent carrying soiled diapers through the room or having to place soiled diaper/wipes on a surface.
- The entire diapering surface must be disinfected after every diaper change regardless of what is found in the diaper.
- Supervision is the most important aspect of diapering. Always keep your hand on the child. Never leave a child unattended on an elevated surface.
- Keep in mind how you can supervise the other children while diapering – ex. reposition diaper changing table or use mirrors. Try to prevent your back being turned to the other children.