Child Care Health Tips
Prepared by Child Care Aware® of North Dakota Health Consultant

1. Sanitizer/Disinfectant
   - Review instructions for use to ensure that product is EPA registered, and is being used and prepared properly
   - Bottles must all be labeled and kept out of the reach of children
   - Separate spray bottles for diapering/toileting and food/toys
   - Do not spray around children (ex. when children are sitting at the table)
   - Make sure surface/item is dry before children use it

2. Same sink issue (if sink is used for both handwashing after diapering and for bottle/food prep)
   - Sink needs to be disinfected between uses
   - Water should be collected in a pitcher from kitchen daily for bottles, drinking, infant cereal
   - Clean items should not be stored on the counter next to the sink where they can become contaminated

3. Toys
   - Mouthed toys need to be picked up after being used by a child and sanitized daily
   - Non-mouthed toys should be cleaned weekly, sooner if soiled
   - Toys/trays on exersaucers, swings, bouncers, etc. should be cleaned weekly

4. Crockpots
   - Emptied and sanitized daily. Filled with water from a “clean” sink
   - Only used for warming bottles
   - Recommended water temperature 120 degrees F.
   - Cannot use to heat breastmilk - Breastmilk needs to be heated individually/separately in container of warm water that is discarded after each use since it is a body fluid

5. Bottlefeeding
   - Microwaves cannot be used for heating bottles
   - Wash hands before preparing and/or feeding a bottle
   - Sanitize counter before bottle preparation or place clean paper towel on counter to create clean work area
   - Check refrigerator thermometers daily. Temperature should be 39 degrees F or lower
   - Bottles must be labeled with child's name and time the bottle was warmed/offered and are only good for one hour after warming or offering to an infant

6. Toothbrushes
   - Individually labeled
   - Stored appropriately – bristles up, not touching, open to air, not in the bathroom
   - Toothbrushing is done at a “clean” sink
   - Replaced every 3 months or sooner if child has had a case of strep throat

7. Toothpaste
   - Individually labeled tubes or share tube by applying to a disposable barrier instead of directly applying to each toothbrush
   - Keep out of reach of children

8. Handwashing
   - Done at a “clean” sink before children and caregivers eat or prepare food
   - Ensure staff and children practice the correct procedure for handwashing
   - Handwashing procedure posted
   - Paper towels or individual cloth towels (laundered daily) are used
   - Know when children and staff should wash their hands.

9. Hand Sanitizers
   - Must contain at least 60% alcohol
   - Can be used when hands are not visibly dirty.
   - Use only with close supervision to prevent children getting it in eyes or mouth
   - Keep out of reach of children and away from heat.
   - Can’t be used before eating/preparing food or after diapering/toileting

What is a Clean Sink?
A clean sink is one that has been disinfected or is not used for handwashing after diapering/toileting.

Pacifiers
- Must be labeled
- Stored separately, open to air in a clean area – not in diapering cubbies or diapering area
- Wash with soap & water; don’t submerge
- Make sure nipple is free from liquid
- Check daily for tears/cracks
- Not allowed to be attached to clip/strap or stuffed toy for sleep

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10. **Sandboxes**
   - Covered when not in use
   - Sand replaced at least every 2 years
   - Can only use sand that is labeled as a safe play material or sand that is specifically prepared for sandbox use

11. **Homemade Playdough**
   - Labeled and dated. Discarded after 1 week
   - Children wash their hands before and after use
   - Table is sanitized before and after use

12. **Sand/Water/Sensory Tables**
   - Children’s hands must be washed before and after for water play. Wash hands after for sand play
   - Table must be emptied and disinfected daily when using water
   - Water must be collected from a clean water source
   - Use only sand that is labeled as a safe play material or sand that is specifically prepared for sandbox use

13. **Pillows**
   - Covered with removable cases and laundered weekly, sooner if soiled

14. **Nap items**
   - Stored separately in cubbie, bag, container, etc.
   - Can be stored between stacked cots if enclosed in bag
   - Washed weekly

15. **Cots/Mats**
   - If labeled, clean weekly, sooner if soiled
   - If not labeled, clean daily
   - Spaced 3 feet apart or separated by solid barrier. If space does not allow, arrange children head to feet
   - Cannot be stored in the bathroom

16. **Cots/pens**
   - Mattress covered with fitted sheet that fits properly
   - If not used by other children, sheet must be laundered weekly, sooner if soiled
   - If used by other children, sheet must be changed between children
   - Spaced 3 feet apart, with nothing within reach

17. **Outerwear and other personal items**
   - Stored separately in cubbie, bag, or on hooks spaced so that items do not touch
   - Extra clothing can be stored in the bathroom if enclosed in a covered plastic container

18. **Diapering**
   - Procedure must be posted
   - Correct procedure is followed with every diaper change
   - Surface is disinfected after every diaper change
   - Replace pad if torn or worn through
   - Safety straps are not recommended to use – Cut off straps and keep hand on child at all times
   - No washing of soiled clothing - put in plastic bag to send home with parent
   - Covered garbage (foot operated is recommended) within arm’s reach of diapering station and used for diapering only

19. **Carpets/Floors**
   - Vacuumed or washed daily
   - Steam cleaned monthly in infant rooms, every 3 months in other rooms
   - “No shoe/clean shoe policy” recommended in infant room

20. **Meal/ Snack preparation**
   - Hands are washed at a “clean” sink
   - Tables, counters, any surface used for food service/prep (top of shelves, carts, etc.) and highchair trays sanitized before and after meals/snacks - make sure surface is dry before using
   - If dishcloth is used instead of paper towels for food surface prep, can use for one meal/snack only
   - Tongs, utensils, gloves used instead of directly touching food - do not reuse gloves
   - Table set in sanitary manner
   - Serving bowls/plates containing food are kept covered when not in use
   - Styrofoam dishware/cups and disposable utensils are not recommended for children under 3 years of age

21. **Washcloths**
   - One per child, for one meal only
   - Do not replace handwashing

22. **Garbage receptacles**
   - Clean covers daily
   - Cover should be disinfected daily if used for diapering and accessible to children
   - Inside should be cleaned and disinfected when soiled
   - Foot operated lids recommended
   - Must have one for diapers/pull-ups only
   - Can be uncovered if used for used paper towels only
   - Must be covered if used for food or diapers
   - Emptied at least daily

23. **Fresh Air**
   - Take the children outside at least daily, weather permitting
   - Open windows daily
   - No air fresheners