

# CHILD CARE TIPS

## Child Care Health Consultation



### Changing Pull-ups and Soiled Underwear for Toddlers and Preschool Children

1. Wash your hands with liquid soap and warm running water for 20 seconds and dry with paper towel. Turn off faucet with paper towel and throw away in a plastic-lined hands-free trash can.
2. Gather supplies for the change process and place on or near the changing surface outside the contaminated area (enough wipes for the process removed from the container, clean pull-up or underwear, gloves, and a plastic bag for soiled clothing if needed, and disposable non-absorbent paper liner if changing in bathroom).
3. For Toddlers/Older Toddlers(12 months to up to 3 years) use Child Care Health Consultation (CCHC) Diapering Steps, and change lying down. See CCHC Diapering Steps <http://www.kentuckycchc.org/posters-handouts/>
4. If changing Preschool children (3 or older) and there is no raised changing surface in a private area (out of view of others) change standing up in the bathroom. The use of paper liner is recommended to put on the floor for the child to stand on.
5. Put on your gloves.
6. To avoid contamination of clean shoes, socks and clothing, remove unsoiled clothing and set aside. If their shirt is clean have child hold up shirt above the waist.
7. Remove soiled clothing and place in a plastic bag to send home. If changing a pull-up, remove by pulling the sides apart and discard it in a lined, hands-free trash can. If changing underwear, remove from the child doing your best to avoid contamination of surfaces and place with clothes in the bag.
8. If paper liner was used, check for soil around the child and fold paper over if soiled so there is a clean surface to stand on.
9. Clean the child's skin around their pull-up/underwear area, wiping from front to back using each wipe for only one swipe. Place each used wipes in the trash can. If gloves were used, discard them at this time in the trash can.
10. Use a wipe to remove soil from your hands and throw it in the trash can. Use another wipe to remove soil from the child's hands and throw it in the trash can.
11. Assist the child, as needed in putting on a clean pull-up or underwear and getting redressed, including socks and shoes.
12. Supervise the washing of the child's hands and then return to the group without touching other surfaces.
13. Store bagged soiled clothing for parents in an area inaccessible to children. Dispose of paper liner in a trash can.
14. Clean and disinfect changing area.
15. Wash your hands.



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