

- With each diaper change (wet or BM), it is most important to remember the following three steps: wash child's hands (even infants), sanitize the diaper pad, and wash your hands. By remembering these steps each time, you can help cut down on the spread of germs.
- To sanitize changing pad, follow these steps: spray/wash the changing surface with soap and water, dry surface with paper towel, then spray entire changing surface with sanitizing bleach solution (3/4 tsp bleach + 1 cup water). Leave it on for 2 minutes. Dry surface with paper towel. If using a sanitizer other than bleach, follow manufacturer's instructions for required contact time and if surface requires a water rinse after use. Bleach is recommended for sanitizing because it kills germs, but does not leave a harmful residue.
- Use a facial/toilet tissue (or clean glove) to apply any diaper ointments or creams instead of your bare fingers – makes handwashing easier since ointments/creams are difficult to wash off.
- Changing pad should be made of nonporous, washable material without any cracks or tears. No cloth material should be used as a diapering surface.
- If a changing pad cracks or tears, replace it. Do not try to repair it with tape or by covering it with something else.
- 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 preferably off the floor on a pad placed on a changing table, bathroom counter, etc.
- If diapering is done on the floor, the changing pad should be placed on nonporous and washable flooring (ex. linoleum/vinyl).
- Diapering should not be done on any furniture, bed, carpeting, rug, etc.
- Diapering should not be done in kitchen or in any eating area.
- Diapering should be done close to a sink for handwashing.
- Handwashing should be done after diapering at a bathroom sink, not at a kitchen sink.
- If only one sink is available for food prep and diapering, the faucet, sink, and handles need to be sanitized after every use.
- Soiled diapers should be **directly** disposed of into a covered garbage. If possible, purchasing a step-lid garbage would be another way to reduce the spread of germs,

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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.

- Garbage containing soiled diapers should not be in the kitchen or near eating area.
- Keep in mind how you can supervise the other children while diapering.

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