

## R381-100-23. DIAPERING.

This section gives the rules and information about diapering children in a child care setting. Diapering rules are designed to protect the health and safety of the children and apply to all diapered children regardless of their ages, including the provider's and caregivers' children. A provider's policies on diapering should comply with the requirements of the American with Disabilities Act (ADA). For more information about this law, refer to: [www.ada.gov](http://www.ada.gov).

The rules pertain to how often diapered children are changed, the procedures for changing diapers, and the supplies that are used. Diapering rules, as applicable, cover disposable training pants, hybrid diapers, and cloth diapers.

CCL staff will observe a diaper change during an inspection to verify compliance with the rules in this section. When observing the diaper change, they will stand back and out of the child's line of vision in order to help maintain the child's privacy and comfort level while being changed.

When no diapered children are present or awake during the inspection, CCL staff will:

- Document that a diaper change was not observed.
- Observe a diaper change at the next annual inspection.

**If the provider accepts children who wear diapers:**

- (1) **The provider shall post diapering procedures at each diapering station and ensure that they are followed.**

### **Rationale/Explanation**

The procedure for diaper changing is designed to reduce the contamination of surfaces that will later come in contact with uncontaminated surfaces such as hands, furnishings, and floors.

Posting the multi-step procedure may help caregivers/teachers maintain the routine. CFOC 4th ed. Standard 3.2.1.4 p.p. 114.

Although they are not all required by CCL, the American Academy of Pediatrics (AAP) and the American Public Health Association (APHA) recommend the following diapering procedures.

1. Before bringing the child to the diaper changing area, wash your hands and gather all needed supplies including – a clean diaper, clean clothes (if needed), baby wipes removed from the container, disposable gloves (if needed), and diaper cream on a tissue or paper towel.
2. Carry the child to the changing table, keeping soiled clothing away from you and from any surface that cannot be easily cleaned and disinfected.

3. Unfasten the soiled diaper but leave it under the child. Lift the child's legs as needed and use the disposable wipes to clean the child, wiping from front to back, using a fresh wipe each time. Put the used wipes into the soiled diaper or directly into a plastic-lined, hands-free covered container.
4. Fold the soiled diaper inward and put the soiled diaper into the designated container. If reusable cloth diapers are used, put the soiled diaper and its contents (without rinsing) into a plastic bag or the designated container.
5. If gloves were used, remove them and put them into the designated container.
6. Use a disposable wipe to clean your hands and another wipe to clean the child's hands. Put the used wipes into the designated container.
7. Slide a clean diaper under the child and use the tissue or paper towel to apply any necessary diaper cream. Dispose of the tissue or paper towel in the designated container, then fasten the diaper.
8. Wash the child's hands and return the child to the group.
9. Clean and then sanitize the diaper changing surface.
10. Wash your hands.

### Compliance Guidelines

Changing a child's clothing due to a toileting accident is not the same as diapering a child, so diapering procedures do not need to be posted in areas where diapering does not occur.

### Risk Level

Low

### Corrective Action for 1st Instance

Warning

- (2) The provider shall ensure that each child's diaper is:
- (a) checked at least once every two hours;
  - (b) promptly changed if wet or soiled; and
  - (c) checked as soon as a sleeping child awakens.

### Rationale/Explanation

Diapers should be checked for wetness and feces at least hourly, visually inspected at least every two hours, and whenever the child indicates discomfort or exhibits behavior that suggests a soiled or wet diaper. Diapers should be changed when they are found to be wet or soiled. Frequency and severity of diaper dermatitis is lower when diapers are changed more often, regardless of the type of diaper used CFOC 4th ed. Standard 3.2.1.3 p.p. 112.

### Compliance Guidelines

- Rule defines how often diapers are checked, but not how they are checked.

- Caregivers do not have to wake a sleeping child to check a diaper.
- The 2-hour time for checking diapers begins when the child arrives at the facility.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning

- (3) The provider shall ensure that caregivers change children's diapers at a diapering station and not on surfaces used for any other purpose.**

### Rationale/Explanation

Using diaper changing surfaces for any other purpose increases the likelihood of contamination and spreading of infectious disease agents. CFOC 4th ed. Standard 5.4.2.4 p.p. 266.

### Compliance Guidelines

- Children who have outgrown being changed on a diapering table may be changed on a mat or other smooth, waterproof surface that is placed on the floor next to the diapering station. The diapering surface must be thoroughly cleaned and sanitized after each diaper change.
- Children who are potty training may be changed in a bathroom as long as other applicable diapering rules are observed, such as handwashing and the disposal of the diapers or pull-ups.
- If a child who is potty training has a toileting accident, the child may be changed on a mat or other smooth, waterproof surface that is placed on the bathroom floor.
- A caregiver may change a diaper while the child is standing if all diapering rules are followed.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning

- (4) The provider shall ensure that the diapering surface is smooth, waterproof, and in good repair.**

### Rationale/Explanation

The purpose of this rule is to ensure that diapering surfaces can be adequately cleaned and sanitized in order to prevent the spread of disease. It is difficult, if not impossible, to sanitize porous surfaces or surfaces with cracks or tears. Even a small crack somewhere on the diapering surface could allow bacteria to grow. CFOC 4th ed. Standard 5.4.2.5 p.p. 267.

### Compliance Guidelines

- A diapering surface that is in good repair means that there are no tears, cracks, or holes making the surface difficult to sanitize.
- A diapering pad that is repaired with items such as plastic or duct tape, or vinyl glue (if the glue is waterproof when dry) is acceptable as long as the repair is on the underside of the pad and not on the side where a child is changed.
- It is not out of compliance if there is a small crack on the frame of a changing table or other surrounding surface as long as the crack is not on the surface where the child is changed.
- Changing a child on an unused diaper does not meet the requirement of this rule.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning

- (5) The provider shall ensure that each diapering station is equipped with railings to prevent a child from falling when being diapered.

### Rationale/Explanation

Diapering stations should be equipped with railings or barriers to prevent falls. Safety straps on changing tables are provided to prevent falls but they trap soil and they are not easily disinfected. Therefore, diaper changing tables should not have safety straps. CFOC 4th ed. Standard 5.4.2.5 p.p. 266.

### Compliance Guidelines

- The railings should prevent a child from rolling or falling off the changing table (i.e. the railings should not be flush with the diapering mat).
- The diapering station may have molded edges or contoured changing mats instead of railings as long as they are high enough above the mat to prevent a child from rolling or falling off the changing table.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning

- (6) The provider shall ensure that caregivers do not leave children unattended on the diapering surface.

### Rationale/Explanation

Data from the U.S. Consumer Product Safety Commission (CPSC) show that falls are a serious hazard associated with infant changing tables. CFCO 4th ed. Standard 5.4.2.5 p.p. 267.

### Compliance Guidelines

A provider is considered attending the child if they are facing the child and not more than an arm's length away from the child.

### Risk Level

High

### Corrective Action for 1st Instance

Citation and CMP Warning

- (7) The provider shall ensure that caregivers clean and sanitize the diapering surface after each diaper change, or use a disposable, waterproof diapering surface that is thrown away after each diaper change.**

### Rationale/Explanation

Many infectious diseases can be prevented through appropriate cleaning and disinfection procedures. CFCO 4th ed. Standard 5.4.2.6 p.p. 267.

### Compliance Guidelines

- Cleaning and sanitizing instructions described in “Section 15: Health and Infection Control” must be followed.
- A caregiver must clean any visible body fluid from the diapering surface and then sanitize the entire diapering surface according to the instructions on the sanitizing product being used.
- The surface under the pad does not have to be cleaned and sanitized unless it is visibly dirty.
- Any product that comes with manufacturer instructions for use as a sanitizer may be used.
- Hand sanitizers may not be used to sanitize diapering surfaces.
- Disinfecting wipes (not hand wipes) can effectively sanitize a surface if the surface remains wet for the time designated by the manufacturer.
- A stop watch (or clock, phone, iPad, etc.) can be used to verify that the sanitizer remains visibly wet on the surface for the amount of time listed on the product label. To be in compliance, the time must be within 5 seconds of the manufacturer’s required time. If the product is not left on the surface for the required amount of time, the surface will not be sanitized.
- A caregiver should never diaper a child on a surface that is still wet from being cleaned and sanitized. The surface may air dry or, after the sanitizer has remained on the surface for the required amount of time, it may be wiped dry.
- Even when there is only one child who uses the diapering surface, the surface still must be cleaned and sanitized after each use to prevent bacteria and germs from growing on the

surface or spreading to another area.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning

- (8) The provider shall ensure that caregivers who change diapers wash their hands after each diaper change.**

### Rationale/Explanation

Many types of infectious germs may be contained in human waste (urine and feces). Touching a contaminated object or surface may spread illness. Handwashing helps prevent the spread of disease-causing agents. CFOC 4th ed. Standard 3.2.3.4 p.p. 123.

### Compliance Guidelines

- Caregivers must wash their hands with soap and running water after each diaper change.
- Hand sanitizer does not meet the requirements of this rule and should not be used in place of soap and water.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning

- (9) The provider shall ensure that caregivers place wet and soiled disposable diapers:**
- (a) in a container that has a disposable plastic lining and a tight-fitting lid;**
  - (b) directly in an outdoor garbage container that has a tightfitting lid; or**
  - (c) in a container that is inaccessible to children.**

### Rationale/Explanation

Separate, plastic-lined waste receptacles that do not require touching with contaminated hands or objects and that children cannot access enclose odors within, and prevent children from coming into contact with body fluids. CFOC 4th ed. Standard 5.2.7.4 p.p. 240.

### Compliance Guidelines

- Flip top or swinging lids on diaper containers are acceptable.
- Diapers may be placed in any container, for example a plastic bag, as long as the container is inaccessible to children.
- Providers may diaper several children, one right after the other, and then properly dispose of

all the diapers at the same time. However, handwashing must be done after each diaper change.

- Hybrid diapers are part disposable and part reusable. Caregivers should not flush the insert, but treat it the same as a disposable diaper and properly discard it as described in this rule. The outside cover of the hybrid diaper should be treated as a cloth diaper.

### **Risk Level**

Moderate

### **Corrective Action for 1st Instance**

Citation Warning

**(10) Each day, the provider shall clean and sanitize indoor containers where wet and soiled diapers are placed.**

### **Rationale/Explanation**

This standard prevents noxious odors and the spread of disease. CFOC 3rd ed. Standard 5.2.7.5 p.p. 241.

### **Compliance Guidelines**

- The inside of the container needs to be cleaned and sanitized as well as the outside parts that a caregiver touches when they dispose of a used diaper.
- If a provider uses a diaper genie according to the manufacturer's instructions, the inside of the container does not need to be cleaned and sanitized daily.

### **Risk Level**

Moderate

### **Corrective Action for 1st Instance**

Citation Warning

**(11) If cloth diapers are used, the provider shall:**

- (a) not rinse cloth diapers at the facility; and**
- (b) place cloth diapers directly into a leakproof container that is inaccessible to any child and labeled with the child's name; or**
- (c) place the cloth diapers in a leakproof diapering service container**

### **Rationale/Explanation**

Containing and minimizing the handling of soiled diapers so they do not contaminate other surfaces is essential to prevent the spread of infectious disease. Putting stool into a toilet in the child care facility increases the likelihood that other surfaces will be contaminated during the

disposal. There is no reason to use the toilet for stool if disposable diapers are being used. CFOC 4th ed. Standard 3.2.1.2 p.p. 112.

### Compliance Guidelines

- Caregivers may machine wash and dry cloth diapers at the facility as long as wet or soiled diapers are inaccessible until they are cleaned.
- A caregiver may flush the content of a soiled diaper in the toilet before placing the diaper in the leakproof container.
- Plastic grocery and other plastic bags may be used to contain cloth diapers as long as the bags are leakproof. Grocery or other plastic bags with holes in the bottoms or sides cannot be used because they are not leakproof.
- The container does not need to be labeled if put into a child's labeled diaper bag or cubby as long as the diaper bag or cubby is inaccessible.
- If a provider only cares for children from one family, they are not required to label the leakproof container holding the used cloth diaper, but it must be inaccessible.
- It is not out of compliance for the caregiver to throw away wet or soiled cloth diapers with parental permission.

### Risk Level

Moderate

### Corrective Action for 1st Instance

Citation Warning