DIAPERING STEPS:
BUILDING HEALTHY RELATIONSHIPS ONE DIAPER AT A TIME!

1. Wash your hands and gather supplies
   - Non-absorbent paper liner, fresh diaper, clean clothes (if needed), plastic bag for soiled items, disposable wipes, gloves (if using), diaper cream (if needed).

2. Place the child on the diapering surface
   - Always keep a hand on the child for safety. Remove bottom clothes, shoes and any soiled items. Place soiled items in plastic bag and close securely.

3. Remove soiled diaper
   - Place in a lined, hands-free covered trash can.

4. Clean the child’s diaper area
   - Remove stool and urine from front to back, use a clean wipe each time. Dispose gloves (if using). Clean your hands with a clean disposable wipe.

5. Wipe the child’s hands
   - Use a clean disposable wipe.

6. Put on a clean diaper
   - Apply diaper cream with a tissue as needed. Fasten the diaper and dress the child.

7. Wash child’s hands
   - Using soap and warm water to wash and rinse. Dry child’s hands and return child to supervised area.

8. Clean and disinfect changing surface
   - Clean and remove visible soil. Apply EPA-registered disinfectant on the surface according to product label.

9. Wash your hands
   - Put cleaning and disinfecting solutions away out of reach of children.

10. Record diaper change
    - Note any problems such as skin redness, rashes, or loose stool.

When enrolling infants and toddlers into your program, talk with parents about diapering. Ask parents to share about their diapering process at home. What does baby find comforting? Is there a song or toy that might make diapering more enjoyable? Parents will be comforted knowing you are honoring their practices. Discussing health practices is an opportunity to build relationships with the family.

For more information on quality care practices, contact Child Action, Inc. at (916) 369-0191.