

Diapering Areas

Child Care Learning Centers: 591-1-1-.10(3) - Diapers shall be changed in the child's own crib or on a diaper changing surface that is used for no purposes other than changing clothes in each room where infants or any other children wearing diapers are served. **591-1-1-.10(3)(a)** - If diapers are changed on a diaper changing surface, the surface shall be smooth, nonporous, and equipped with a guard or rails to prevent falls. Between each diaper change, the diaper change surface shall be cleaned with a disinfectant and dried with a single-use disposable towel.

Family Child Care Learning Homes: 290-2-3-.11(1)(g) - Diapers shall be changed in the Child's own crib or on a nonporous surface which is cleaned with a disinfectant and dried with a single use disposable towel after each diaper change.

Rule Type:

Core Rule: Child Care Learning Center

Non-Core Rule: Family Child Care Learning Home

Intent of the Rule

To control and prevent the spread of disease and infection and to protect children's safety.

Clarification

Changing diapers is an important part of caring for infants and toddlers, but this activity can be a source of spreading germs if preventative measures are not taken by the child care program. Many communicable diseases can be prevented by using appropriate hygiene, sanitation, and disinfection methods. Diapering surfaces that are difficult to clean may harbor contaminants. To prevent cross-contamination, diapers should be changed in the child's own crib (because the crib is used exclusively by one specific child), or on a diaper changing surface that does not absorb liquid or retain soil and that can be cleaned and disinfected between each use. To prevent children from falling or sliding off of the diaper changing surface, protective barriers (i.e., guards or safety rails) are required.

Indicators

- ✓ Children's diapers shall be changed in their own crib or on a diaper changing surface. In a Child Care Learning Center, a diaper changing surface must be located in each room where diapered children are served.
 - Recommendation: To reduce the risk of cross-contamination, diaper changing tables should be used exclusively by one class or one group of children. Changing tables should not be placed between classrooms for use by more than one group of children as this allows disease to spread more easily from group to group.
 - Note: Using a diaper changing surface for any other purpose than changing diapers or soiled underwear increases the likelihood of contamination and the spreading of infectious disease agents (i.e., bacteria or viruses).
 - Reminder: Licensing rules require that crib sheets be changed daily, or more often as needed, and before a change of occupant.

- ✓ Diaper changing surfaces shall be nonporous. In a Child Care Learning Center, the diaper changing surface shall also be equipped with a guard or rails to prevent falls.
 - TIP: The American Academy of Pediatrics recommends a diaper changing table height between 28” and 32” with a guard rail or barrier that extends at least 6” above the changing surface. These requirements align with the Infant/Toddler Environment Rating Scale (ITERS-R) and apply to child care programs participating in Quality Rated. This reduces the risk of back strain for caregivers and provides a safe barrier to prevent children from falling off the changing table.
 - Recommendation: A safety strap cannot be relied on to restrain the child and could become contaminated during diaper changing. Cleaning and disinfecting the strap would be required after every diaper change; therefore, safety straps on changing surfaces are not recommended.
 - Note: Diaper changing surfaces are not required to have a diaper changing pad. The diaper changing pad makes the diapering experience more comfortable for the child, but it is not a requirement. When used, the changing pad must be smooth (i.e., free of indentations or crevices as with an imprinted pattern or design), nonporous, and free of rips, tears, and tape.

Nonporous	Porous
<ul style="list-style-type: none"> • <u>Not</u> penetrable to water, air, dirt, or other fluids • Smooth: Containing no holes, tears, cracks, chipping paint, seams, indentations, crevices, etc. 	<ul style="list-style-type: none"> • Penetrable to water, air, dirt, or other fluids • Not smooth: Containing holes, tears, cracks, chipping paint, seams, indentations, crevices, etc.
Examples of Nonporous	Examples of Porous
<ul style="list-style-type: none"> • Smooth, plastic covered diaper changing pad with no quilted design, no indentations, no seams, etc. • Smooth, flat surface (e.g., laminate countertop, hard plastic, etc.) without the presence of cracks, tears, holes, chipping paint, splintering wood, etc. 	<ul style="list-style-type: none"> • Quilted diaper changing pad • Diaper changing pad covered with fabric • Diapering surface with chipping paint, cracked plastic, rips or tears, etc. • Changing table paper (if used, the paper should be removed and discarded, and the diaper changing surface should be disinfected, after each diaper change)
Additional Information	
<ul style="list-style-type: none"> • Holes and tears in diaper changing pads may <u>NOT</u> be covered with tape. Once holes or tears are present in a diaper changing pad, it should be replaced. The manufacturer’s plastic packaging should be removed before use. • The sides of the diaper changing pad should also be cleaned and disinfected after each use. • Diaper changing tables should be sturdy and stable to prevent tipping over and to support the weight of the children who use the changing tables. • Diaper changing surfaces should be large enough to contain the children being diapered. 	

- ✓ Between each diaper change, diaper changing surfaces shall be cleaned with a disinfectant and dried with a single-use disposable towel.
 - Organizational TIP: Consider storing all items used for disinfecting the diapering surface within arm’s reach of the diapering area for easy access. Remember to store all disinfectants out of children’s reach.
 - Recommendation: If the disinfectant is not in the original container, the container should be clearly labeled as to its contents.
 - Note: Commercial disinfectants registered with the Environmental Protection Agency (EPA) as a suitable disinfectant for the diapering surface may be used as long as the child care program follows the manufacturer’s instructions (including proper application, drying time, ventilation, etc.). It is also acceptable to use a bleach and water disinfectant solution. In the past, the

American Academy of Pediatrics recommended using a solution of ¼ cup of household liquid chlorine bleach to one gallon of water, or one tablespoon of bleach to one quart of water; however, this recommendation was based on bleach with a lower concentration of sodium hypochlorite than most of the bleach now sold in stores. Because the new bleaches are more concentrated, the recommendations for diluting a bleach solution for disinfecting now depend on the specific bleach that is used. It is important to remember that when using a bleach and water solution, the solution must be prepared daily or more often. See chart below for more information.

How to Make Bleach Solution	
1.	Gather the needed supplies. Bleach, water, measuring cup and/or measuring spoons, a quart-sized or larger spray bottle.
2.	Find a well-ventilated area. Full-strength bleach emits toxic fumes and should never be used in small or enclosed spaces.
3.	Measure Ingredients. If the bleach is EPA-registered (as indicated on the product’s label), follow the label instructions to determine how much bleach and water to use. This information can also be found on the EPA’s website at: http://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1 . If the bleach is not registered with the EPA, contact the state or local health department for advice.
4.	Mix Solution. Carefully pour the bleach into the spray bottle, then add cool water. Place the lid on the container and gently flip the container back and forth a few times to mix. After mixing, the solution is ready to use. *Use caution when mixing the bleach solution. If bleach is mixed with other substances (e.g., cleaners, chemicals, products containing ammonia, vinegar, etc.), hazardous gases may be released.
5.	Discard Unused Solution. Chlorine bleach solutions deteriorate rapidly. Mix the solution fresh each day, and discard unused portions daily to ensure the strength of the solution.

Resources:

Child Care - eXtension (A Part of the Cooperative Extension System)

<http://articles.extension.org>

Caring for Our Children

<http://cfoc.nrckids.org/StandardView/3.2.1.4>

<http://cfoc.nrckids.org/StandardView/5.4.2>

Proper Diapering Procedures Handout

<http://www.decal.ga.gov/documents/attachments/DiaperingHandout.pdf>

Communicable Disease Chart

<http://www.decal.ga.gov/documents/attachments/CommunicableDiseaseChart.pdf>

ITERS-R Notes for Clarification

<http://ersi.info/index.html>