

the floor or other undersurface. No matter what disposable covering is used, the teacher/caregiver must be prepared to wash and sanitize the surface underneath after the change is completed (using the same disinfecting procedure you use for a diaper changing table). Germs get through any covering.

- Shoes and Soiled Clothing:

If the child is changed standing up, the teacher/caregiver should remove the child's shoes before the change begins so that the shoes do not become contaminated and spread germs wherever the child walks after the change. Remove and place all soiled clothing in a plastic bag as the clothing item is removed, to avoid further contamination of surfaces by temporary placement on other surfaces. If the child's shoes are soiled, the teacher/caregiver must wash and sanitize them before putting them back on the child. Send all soiled clothing home for cleaning without removing any of the soil from the articles in the child care setting to avoid further environmental contamination where germs can spread to other children in the group.

- Disposable Items:

Put all disposable items into a plastic bag, or, if possible, directly into a hands-free, covered waste can. After the soiled articles are in plastic bags, the disposable (contaminated) changing surface material should be bagged before the clean part of the procedure begins. Soiled gloves should go into the plastic bag after bagging the other contaminated articles and before touching any clean clothing.

- Hand washing:

Before putting on clean clothing, both the teacher/caregiver and the child should wash their hands at the sink or wipe their hands as carefully as possible with disposable wipes or to remove germs that would otherwise be transferred to the clean clothing. When the change is complete, the child should wash his/her hands carefully at a sink with running water, lathering for 20 seconds, and turning off any faucet handle with a disposable paper towel. The teacher needs to wash after cleaning and sanitizing all surfaces involved in the change.

- Sanitizing Contaminated Surfaces:

After the child returns to the group, the teacher/caregiver who changed the child should make sure that all surfaces touched during the change are visibly clean, or clean them with soap/detergent and then rinse them with water. Then, the teacher should sanitize all potentially contaminated surfaces with a sanitizing solution – a bleach and water solution is recommended.

Notes:

1. The child may help assemble the supplies, and help put on clean clothing to practice "self-help."
2. Changing tables with steps that the child can climb with the teacher/caregiver's help and supervision are a good idea. This equipment reduces the risk of back injury for adults who help toddlers changed, because the child is in a good position for the change and does not need to be lifted by the adult. Changing a