



## Nappy Changing

### Introduction

Tigers Childcare believes nappy changing is a time for both the key worker and the child to develop a bond i.e., a 'Prime Time', while providing a safe & clean environment to carry out nappy changing. Tigers Childcare will ensure the child's dignity is respected and that it is a positive experience for both staff member and child.

### Policy Statement

This policy is underpinned by the Child Care Act 1991 (Early Years Services) Regulations 2016

### Procedures & Practices

- Children's nappies and other items are stored in individual, labelled, compartments.
- All children will be asked/informed when it's time to change their nappy.
- Children's nappies will be changed every 2 hours.
- Practitioners will interact in a positive way with the child during nappy changing.
- Children are never left unattended when having their nappy changed.
- If a practitioner works alone in a room another person must be called to assist during nappy changing time.
- Each nappy change is recorded in the child's daily record.
- A cleaning schedule is in place to ensure that the nappy changing area is always clean and hygienic.

At Tigers Childcare we follow the procedure outlined below:

1. Before beginning the nappy changing procedure, clean your hands by following the Hand Washing Procedure.
2. To minimise contamination, prepare for nappy changing by getting out all the supplies needed for the nappy change and placing them near, **but not on**, the changing surface. For example:
  - Enough wipes for the nappy change, including cleaning the child's bottom and wiping the teacher's and child 's hands before putting on the clean nappy (wipes must be taken out of the container).
  - A clean nappy.
  - A plastic bag for soiled clothes and a clean set of clothes (if soiled clothes is anticipated).
2. Children's permission is asked before going into the nappy changing area.
3. Place child on changing mat.
4. Put on disposable gloves & apron.
5. Remove clothes to access nappy. Soiled clothes should be placed into a plastic bag.
  - The nappy can also be left folded under the child's bottom during the cleaning step and then discarded with the soiled/dirty wipes.
6. Use wipes to clean the child's bottom from front to back (one wipe per swipe) and throw away into the bin. Dry the skin gently but thoroughly.
7. Remove soiled nappy and place into a plastic nappy bag and dispose of in a foot-operated, lined, lidded bin that is leak proof, sealable and easy to clean.
8. Remove your gloves and apron.
9. Use hand sanitiser to clean your hands.

10. Check for nappy rash – if the child has nappy rash their parents/guardians must be informed.
  - Use the child's own barrier cream if necessary. **A new glove should be used if cream is required.**
11. Put on clean nappy.
12. Dress the child.
13. Wash your hands and the child's hands following the handwashing procedure and wash the child's hands following the handwashing procedure.
14. Return the child to the play area.
15. Clean the changing area with disinfectant. If required, wash with hot water & soap before disinfecting.
16. Clean your hands by following the Handwashing Procedure.

## Hand Washing Procedure

# Handwashing Technique

Preparation



1. Remove hand and wrist jewellery (wedding band allowed) N.B. Keep nails short



2. Wet hands thoroughly under warm running water



3. Apply firm of soap/antiseptic soap to cupped hand by pressing dispenser with heel of hand (do not use finger tips on the dispenser)

Handwashing – (process takes at least 15 seconds)



A. Rub palm to palm 5 times



B. Rub right palm over the back of left hand up to wrist level 5 times. Do the same with the other hand



C. With right hand over back of left hand rub fingers 5 times. Do same with the other hand



D. Rub palm to palm with the fingers interlaced



E. Wash thumbs of each hand separately using a rotating movement



F. Rub the tips of the fingers against the opposite palm using a circular motion. Also ensure nail beds are washed



G. Rinse hands thoroughly under running water to remove all traces of soap



H. Turn off taps using elbows



I. Dry hands completely using a disposable paper towel



J. Discard paper towel in waste bin. Open bin using foot pedal only to avoid contaminating clean hands

Supported by PEI  
Developed by Infection Control Team  
St. James's Hospital



Fedhlmeannacht na Seirbhíse Sláinte  
Health Service Executive

A Partnership for Better Healthcare 

A Strategy for the Control of Antimicrobial Resistance in Ireland 

Clean your hands  
**Say no to infection**



## **Communication Plan**

A copy of all policies will be available during hours of operation to staff members and parents/carers in the Policy Folder located in Tigers Childcare.

Parents/Carers may receive a copy of the policy at any time upon request.

Parents/Carers and staff will receive written notification of any updates.

## **Related Policies, Procedures and Forms**

- Handwashing Policy
- Nappy Changing Procedure (Pictures)

## **Review Date**

|                  |               |
|------------------|---------------|
| Policy Created:  | August 2015   |
| Policy Updated:  | November 2021 |
| Policy Reviewed: | Annually      |