

## **NAPPY CHANGING**

**Aim:** To ensure that nappy changing is conducted in a way that minimises the risk of infection to children and others.

To ensure that nappy changing is a positive, familiar and relaxed routine, which respects the dignity of the child and the family's practices.

To comply with the Education and Care Services National Regulation 2011, specifically, part 4.2 Children's Health and Safety, Division 1, clause 77 (1 (a)), and part 4.3, Physical Environment, Division 2, clause 116 (1), (2 (c)).

**Rationale:** Disease transmitted by faeces and urine is more likely to spread between children and educators through changing and handling soiled/wet nappies. Efficient changing and disposal of soiled nappies significantly reduces risks and the spread of diseases transmitted by faeces and body fluids.

### **Practices:**

#### **To ensure that nappy changing is a positive experience for children, educators should:-**

- use nappy changing as an opportunity for playful interactions with babies and toddlers, eg. by engaging in one to one games and singing songs.
- talk to families about routines at home and incorporate these, if possible, to ensure consistency and continuity.
- change nappies frequently to ensure babies and toddlers comfort, health and hygiene are maintained.
- ask toddlers to allow checking of their nappy in a positive way.
- explain to the child, why a change of nappy is needed.
- respect the dignity and need for privacy of each child.
- share information about nappy changing while in care with the child's family.
- refrain from making negative remarks about the smell or mess.

#### **To minimise risks and the spread of infectious diseases educators should:-**

- have an area set aside within the vicinity of hand washing facilities, for nappy changing which includes a change bench or mat, with an impervious washable surface which is cleaned with soapy water after each use,
- wash hands
- place paper on the change surface,
- wear gloves on both hands, (every time)
- place child on change table,
- remove the child's nappy,
- clean the child's bottom,
- remove the paper,
- put the nappy, paper and gloves (wrapping gloves around the nappy) into a hands-free, lidded bin,
- put a new nappy on the child & dress the child,
- wash your hands and the child's hands,
- take the child away from the change table,
- clean the change table well, using detergent and water, (*see Cleanliness policy*).
- wash your hands. (*see Hand Washing policy*)
- never leave a child unattended on a change bench.

**Relevant Legislation:** *Education and Care Services National Regulation 2011;*  
*Public Health Act 1991 (NSW); Work Health and Safety Act 2011;*

**Key Resources:** *Staying Healthy in Child Care*, NHMRC 5<sup>th</sup> edition 2013:  
<http://www.health.gov.au/nhmrc/> ; *Managing OHS in Children's Services*, Tarrant, S. 2002