

Healthy Happy Nappy Changing

1

BEFORE YOU START be sure all supplies are close enough to reach while keeping one hand on the child at all times. All supplies must be safely out of their reach.

Nappy changing area must be away from food preparation area.

2

BE SURE your change table is clean and sanitised according to your service's policy.

3

PUT ON disposable gloves.

4

HOLD the child firmly under the arms, slightly away from your body, as you lift. Bend your knees to support the child's weight and avoid damaging your back.

5

LAY the child on the changing surface, engaging them with eye contact and comforting talk.

6

REMOVE the soiled clothing and nappy. Be careful they do not touch your arms or clothing.

7

PUT disposable nappy in a plastic bag, tie, then put into a plastic lined, securely lidded bin.

Cloth nappy? Place in plastic bag to later empty solids into the toilet. After, place into a fresh bag, tie, then put into another plastic bag to be taken home. Wash and dry hands well.

8

PLACE soiled clothing into a plastic bag, tie; then place inside another plastic bag to be taken home.

9

WIPE the child's bottom, cleaning from front to back, with a wet-wipe or a damp paper towel.

10

THROW the wipe into the changing area bin. **THROW AWAY** the paper surface barrier if used. Do not use this bin for any other purpose or put nappies in any other bin.

11

TAKE OFF your gloves – ensuring the soiled part does not touch your skin or clothing – then put in the bin.

12

DRESS child in clean nappy and clothes. Now you may hold the child closer to you.

13

WASH the child's hands for 15 seconds using soap and water, then dry well. Return to cot or group.

14

CLEAN and DISINFECT the nappy changing surface, wiping from the head to the foot of the mat.

15

WASH YOUR HANDS with soap and water, using healthy handwashing habits.

16

DRY HANDS WELL to help stop the transfer of germs.



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