

## 40. Nappy Changing



### Introduction

Meeting the needs of children by providing clean nappies and a safe and hygienic place for changing children is a basic need that is important for children's comfort and happiness.

*"Nappy changing and toileting rituals are also valuable opportunities to promote children's learning, meet individual needs and to develop strong relationships with children. Having their needs met in a caring and responsive way builds children's sense of trust and security—which relates strongly to the Early Years Learning Framework."*

(P66, Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011)

Diseases transmitted by faeces and urine are more likely to spread between children and centre staff through changing and handling soiled nappies. Efficient changing and disposal of soiled nappies significantly reduces risks and the spread of diseases transmitted by faeces and body fluids.

### Purpose

The centre will minimise the spread and risks of infectious diseases between children, other children and centre staff by ensuring changing and disposal of nappies is conducted in an efficient way and according to recommended best practice guidelines.

### Goals – What are we going to do?

The centre will follow best practice guidelines for nappy changing to ensure the area is hygienic and to reduce the spread of infectious diseases that are transmitted by faeces and other bodily fluids. The centre aims to make the nappy change experience a relaxed, happy and social routine that provides an opportunity for educators and children to further develop trusting and positive relationships.

### Strategies – How will it be done?

### Roles and Responsibilities

Approved Provider will:

- Be aware of their obligations under the Education and Care Services national Regulation in relation to age appropriate facilities that are required for caring for children under 3 years of age including nappy changing, storage and disposal of soiled nappies, laundering of clothing, facilities for washing hands, facilities for disposal of faeces and additional facilities that may be required for a child with a disability.
- Provide adequate and appropriate hygienic facilities for nappy changing

- Ensure nappy change facilities are separate from food preparation and serving areas
- Ensure nappy change facilities are designed and located in a way that prevents unsupervised access by children
- Ensure that adult hand-washing and drying facilities are located within the toileting or nappy change areas
- Ensure access to children's hand washing facilities within the nappy change/toileting area;
- Consult the Building Code of Australia for requirements concerning nappy change benches. (Centre-based services.);
- Ensure that the nappy change facilities are designed and maintained in a way that facilitates supervision of children at all times, having regard to the need to maintain the rights and dignity of the children
- Develop policies, procedures and training with educators to ensure nappy change procedures that support children's safety, protection, relationships and learning.

### Nominated Supervisor will:

- Implement policies, procedures and training with educators to ensure nappy change procedures that support children's safety, protection, relationships and learning.
- Develop systems with educators to ensure that soiled clothing and soiled nappies are disposed of or stored in a location children cannot access.
- Complete regular nappy changes procedure checks to ensure they are being completed correctly and according to centre policy and procedure
- Ensure that's nappy change and hand washing procedures are displayed visually and in community languages as appropriate in the nappy change area.
- Children's nappies will be changed at scheduled intervals as determined by the nominated supervisor. Nappies will also be checked throughout the day to ensure children are not susceptible to nappy rash and discomfort. A system to record this routine will be maintained for reporting purposes
- Nappy change bins will have a 'hands-free' lid (where possible). Nappy bins will be located out of children's reach, in a child proof cupboard where possible.

### Educators will:

- Discuss children's individual needs with families to ensure practices are reflective of the home environment and are culturally sensitive
- Provide information to families regarding children's nappy change patterns
- Utilise nappy change times to interact with children on an individual basis. The nappy change time will allow educators to converse, sing, play and generally interact with the child. This time allows educators and children to learn more about each other and understand each child's personality and personal strengths

- Nappies to be changed at scheduled nappy change times as determined by the Nominated Supervisor. Nappies will also be checked throughout the day to ensure children are not susceptible to nappy rash and discomfort. A system to record this routine will be maintained for reporting purposes
- Organise the nappy change area to promote positive interactions and promote positive learning experiences, e.g. place pictures or mobiles to stimulate children's interactions and to encourage learning.
- Ensure all nappies, wipes and creams are kept out of reach of children at all times.
- Use disposable nappies in preference to cloth nappies (whenever possible). If using cloth nappies, use nappy covers (pilchers and plastic pants), where practical to help prevent faeces from leaking out of nappies. Nappy liner to be removed and disposed of in the same manner as a disposable nappy. Cloth nappy to be placed in a plastic nappy bag and returned to parent for washing.
- Maintain effective supervision at all times when changing a nappy by:
  - Fully supervising and maintaining physical contact with children throughout the nappy change experience. No child will be left alone on a nappy change mat.
  - Keeping nappy change areas fully stocked with all required materials at all times. Educators are responsible for maintaining the supplies to meet the needs of individual children. Supplies will be readily accessible to staff to ensure efficiency and the health and safety of each child.
- Encourage mobile children to walk to the nappy change area. Educators will assist the child to walk up the steps onto the nappy change bench to reduce repetitive movements by educators and to promote children's agency. Where a child is not walking, educators will follow manual handling practices to lift and carry the child to the nappy change mat.
- Ensure gloves are worn for all nappy changing especially if they have cuts, cracked skin or infections on hands, and if they are pregnant take particular precautions not to have contact with urine because of the risk of exposure to cytomegalovirus (CMV).
- Ensure nappy bins are emptied once during the day and at the end of each day. This may need to be done more regularly if there are soiled nappies.
- Ensure nappy change mats and areas are cleaned after each use. They will be thoroughly cleaned with Neutral detergent and water and paper towel at the end of each day. Nappy change mats will be stood up to air dry after being cleaned.
- Practice effective hygiene by following the below procedure when changing a nappy to reduce the spread of infection.
  - Wash hands.
  - Put on gloves.
  - Place paper towel on the nappy change mat.
  - Remove the nappy and place in the nappy bin.
  - Remove any soiled or wet clothing.
  - Clean the child's bottom wiping front to back.
  - Remove the paper towel and put it in the nappy bin.
  - Put the gloves in the nappy bin.

- Remove the gloves, peeling them back from the wrist and turning them inside out as they are removed.
- If a child requires specific cream, place a clean paper towel under the child's bottom. Put on clean gloves. Place a suitable amount of cream on the glove and spread onto the child's bottom. Remove the paper towel and place it in the nappy bin. Remove the gloves and place in nappy bin.
- Place a clean nappy on the child
- Dress the child.
- Wash and dry their hands and your hands.
- Return the child to the play area.
- Clean the nappy change mat and area with neutral cleaner and warm water.
- Then wash your hands.

### Families will:

- Ensure there is a sufficient supply of nappies and wipes and spare clothing for their child at all times that they are being educated and cared for at the centre.

### Related Legislation

- Education and Care Services National Law Act: Section 167
- Education and Care Services National Regulations: Regulations 77, 106
- Work health and Safety Act 2011 and the NSW Work Health and Safety Regulation 2011
- National Health and medical Research Council 2005

### Links to other policies and documents

- Cleaning and maintaining the environment
- Medication Administration
- Nappy Change Procedure

Links to Education and Care Services National Regulations: 77, 106

Links to National Quality Standards/Elements: 2.1 and 2.2

### Sources

- ACECQA Guide to the National Quality Standard [www.cecqa.gov.au](http://www.cecqa.gov.au)
- Staying Healthy in Childcare
- Community Early Learning Australia – CELA
- Health and Safety in children's centres: Model policies and practices
- [www.safework.nsw.gov.au](http://www.safework.nsw.gov.au)
- Managing WHS in Children's Services