



## 4.08 Nappy and Clothes Changing

### Written By

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### Aim

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." p.66, Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011.

Bermagui Preschool will follow best practice guidelines for nappy changing to ensure the area is hygienic and to reduce the spread of infectious disease. The education and care service 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

#### Approved Providers will:

- Provide adequate and appropriate hygienic facilities for nappy changing;
- Ensure nappy change facilities are designed and located in a way that prevents unsupervised access by children;
- Ensure that adult hand washing facilities are located within the nappy change area;
- Consider access to children's hand washing facilities within the nappy change area;
- Consult the Building Code of Australia for requirements concerning nappy change benches.
- 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.

#### Nominated Supervisor will:

- Develop and 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.

**Educators will:**

- An Educator will be nominated each day to ensure consistency of nappy changing and to minimise cross infection/ contamination.
- 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; and
- 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.

***Educators will maintain effective supervision at all times 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.
- Encouraging mobile children to walk to the nappy change area. Educators will assist the child to sit on the lowered hydraulic nappy change table, keeping one hand on the child as the table is raised to reduce muscle strain and repetitive movements by educators and to promote children's agency. At no times are children permitted to use the hydraulic nappy changing table controls. Where a child is not walking, educators will follow manual handling practices to lift and carry the child to the nappy change mat.

***Educators will practice effective hygiene by:***

- Utilising the 'Staying Healthy in Child Care' practices when changing a nappy to reduce the spread of infection. These are:
  - Wash hands.
  - Place paper towel on the nappy change mat.
  - Put on gloves.
  - Remove the nappy and place in the nappy bin.
  - Remove any soiled or wet clothing, ensuring hygiene is taken into account.
  - Clean the child's bottom with disposable wipes or clean clothes with warm water.
  - 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. Medication forms must be completed and authorised prior to applying any creams or medication.
  - Dress the child.
  - Wash and dry their hands.
  - Return the child to the play area.
  - Clean the nappy change mat and area with disinfectant/ detergent and warm water.
  - Any soiled/ dirty clothing that needs rinsing should be rinsed in the designated sinks, excess water squeezed out and clothing then put in a plastic bag and placed in the child's bag for parents to take home and wash. At educator's discretion unwashable underwear may be disposed of in a plastic bag into the external bins. Parents will be informed in this occurs.
- Bermagui Preschool educators may use the Preschool's nappies and spare clothing if a family has not provided these. Parents will be informed in this occurs.

**Additional strategies:**

- Nappy change bins will have a 'hands-free' lid. Nappy bins will be emptied at the end of each day or as necessary. This may need to be done more regularly if there are soiled nappies.
- Educators will clean nappy change mats and areas after each use. They will be thoroughly cleaned with pH Neutral disinfectant/ detergent and paper towel once during the middle of the day and at the end of each day.
- Children's nappies will be changed at scheduled intervals as determined by the nominated supervisor and educators or as required. 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. (Standards 2.1.2 & 2.3.1).
- Nappy change and hand washing procedures will be displayed visually and in community languages as appropriate in the nappy change area.

**Families will:**

- Provide clean nappies and any specific nappy changing materials/ requirements with written instructions for educators.

**Evaluation**

Nappy change experiences are safe and hygienic. They are considerate of children's diversity and family practices. Children's learning and development is engaged by staff to ensure the experience is relaxing for both children and staff.

**Relevant Legislation**

Education and Care Services National Regulations (2011): 77, 106  
 National Quality Standards/Elements: 2.3.2  
 The NSW Work Health and Safety Act 2011 and the NSW Work Health and Safety Regulation 2011  
 Children (Education and Care Services National Law Application) Act 2010 , Section 167  
 Australian Standard for storage and handling of hazardous chemicals and materials (AS 3780)  
 Department of Education and Communities/ Early Childhood education and Care - [www.det.nsw.edu.au/what-we-offer/early-childhood-education-and-care](http://www.det.nsw.edu.au/what-we-offer/early-childhood-education-and-care)

**Resources & References**

The NSW Work Health and Safety Act 2011  
[www.workcover.nsw.gov.au/newlegislation2012/](http://www.workcover.nsw.gov.au/newlegislation2012/)  
 Storage and Handling of Dangerous Goods: Guidance  
[www.workcover.nsw.gov.au/formspublications/publications/Documents/storage-andhandlingdangerous-goods-1354.pdf](http://www.workcover.nsw.gov.au/formspublications/publications/Documents/storage-andhandlingdangerous-goods-1354.pdf)  
 Approved First Aid Qualifications  
[www.acecqa.gov.au/qualifications/approvedfirst-aid-qualifications](http://www.acecqa.gov.au/qualifications/approvedfirst-aid-qualifications)  
 Health and Safety in Children's Centres: Model Policies and Practices (2nd ed.)  
[www.community.nsw.gov.au/docswr/\\_assets/main/documents/childcare\\_model\\_policies.pdf](http://www.community.nsw.gov.au/docswr/_assets/main/documents/childcare_model_policies.pdf)

**Relevant  
Documentation**

Links to other policies

- Bathing
- Clothing and Footwear
- Medication Administration
- Workplace Health and Safety

**Date Adopted:**

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