

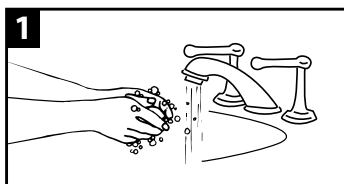
# How to Change a Diaper

## Before You Begin

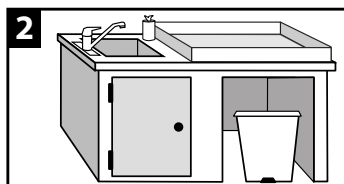
Gather the diapering supplies so they are within arm's reach of the changing surface.

Supplies need to include:

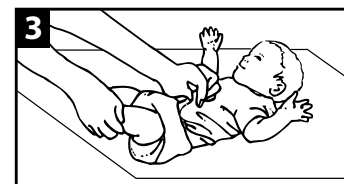
- A clean diaper
- Disposable diaper wipes
- Disposable latex-free plastic gloves
- Diaper ointment (use only with parental consent)
- A garbage can lined with a plastic bag—with a tight fitting lid that can be opened without using your hands.



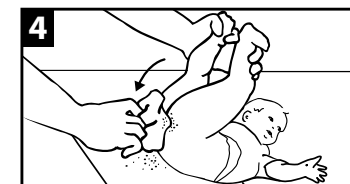
**1** Wash your hands with soap and warm running water. Use clean paper towels to dry your hands. Always use a paper towel to turn the water off. Clean, non-latex disposable gloves are optional.



**2** Prepare the diapering area. Be sure the diapering supplies and garbage can are within reach.



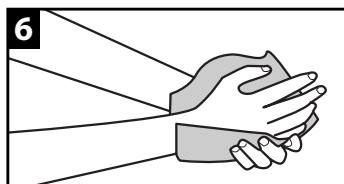
**3** Place the child on the diapering surface. Do not use safety belts. **Always maintain contact with the child.**



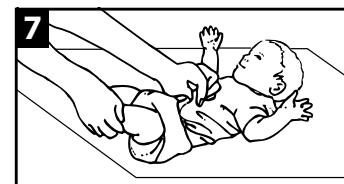
**4** Remove the diaper. Use wipes to clean the child's bottom from front to back. Use a clean wipe for each stroke.



**5** Throw away or bag the dirty items. If using gloves, remove and throw them away.



**6** Clean your hands (even if you used gloves). Use soap and warm running water **only if you can maintain contact with the child.** Use disposables wipes otherwise.



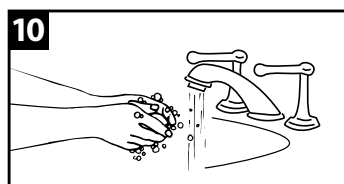
**7** Put a clean diaper on the child and then dress the child.



**8** Wash the child's hands with soap and warm running water. Return the child to a safe area.



**9** Clean, rinse, and disinfect the diapering area, equipment, and supplies touched. Be sure to leave the disinfectant on the table long enough for disinfection to occur.



**10** Wash your hands with soap and warm running water (even if you used gloves).