

Hand Washing 101 for Licensed Child Care Homes



Proper and frequent hand washing is the easiest and most effective way to prevent the spread of illness and disease in child care. Using

the proper procedure and washing hands frequently can prevent the spread of the common cold, flu, and food borne illness as well as many other germs. Children mimic behavior, so staff who wash their hands using the proper procedure at the appropriate times are setting a great example for the children in their care.

Hand Washing is Required!

Indiana state licensing regulations require that child care providers and the children in their care wash their hands before and after certain duties and activities.

Child Care Staff Must Wash Hands...

- Before and After
 - Preparing meals and snacks
 - Eating
- After
 - Toileting
 - Feeding infants and children
 - Bathing infants and children
 - Wiping noses
 - Diapering and assisting children with toileting
 - Handling bodily fluids
 - Coughing into hands
 - Handling pets

Children Must Wash Hands...

- Before and After
 - Assisting with meal and snack preparation
 - Eating
- After
 - Toileting
 - Handling bodily fluids
 - Coughing into hands
 - Handling pets

When is Hand Washing Recommended?

Indiana state law covers the hand washing basics, but there are numerous other instances when hand washing is recommended for health and safety purposes.

- It is recommended that staff wash hands *before* feeding infants/children, bathing infants/children, wiping noses, and diapering/assisting children with toileting.
- It is recommended practice that staff wash hands before and after administering medication.
- It is recommended that children wash hands *after* a diaper change.
- It is recommended that staff and children wash hands:
 - After touching contaminated surfaces. A surface is contaminated if there is reason to believe that the surface has been or could be exposed to contaminants. This would include washing hands after taking out the trash.
 - After coming in from the outdoors.
 - Upon arriving at the child care center and before leaving.
 - After sensory play involving sand, water, etc.

The Proper Procedure

The "proper" procedure is the hand washing process that has been proven most effective at eliminating germs. **Staff and children must wash hands using the proper procedure.**

- Wet hands under running water;
- Use plenty of soap to make a good lather;
- Keep fingers pointed toward the drain;
- Scrub fronts and backs of hands;
- Remember to wash wrists, scrub around fingernails and rings;
- Scrub between fingers;
- Scrub for at least 20 seconds;
- Rinse well with running water;
- Dry hands with a clean disposable towel or wall-mounted drying device

An Easy Guide to Diapering Rules for Licensed Child Care Homes



Diapering should be a special time for caregiver and baby. This is a chance for the child to bond with you and have your full attention. Because diapering is often a messy job, proper hygiene is essential to protect the health of you and the child.

Before you Begin...

- The changing table is fully intact, washable, and sanitizable
- Waterproof paper is used and covers the length and width of the changing surface
- One hand is kept on the child at all times
- The use of gloves is required when blood is present

The Diapering Process

1. The child's clothing is removed or moved
2. The soiled diaper is removed
3. The child is cleansed with a wipe
4. The waterproof paper is folded to cover the soiled area (if soiled)
5. Gloves are removed (if used)
6. A clean diaper is placed on the child and the child is redressed
7. The diapering waste is disposed of in a tightly covered, plastic-lined waste container
8. The waterproof paper is removed
9. Staff wash and sanitize the surface if soiled
10. Staff wash hands

It is Recommended That...

- Gloves are used
- Staff wash hands before beginning the diapering process
- Children wash hands after the diapering process
 - If an infant cannot be held at the sink, wash hands with a clean, wet, soapy disposable towel or washcloth and rinse hands using a second clean wet disposable towel or washcloth
 - Diaper wipes are not an acceptable alternative to infant hand washing
- The changing surface is washed and sanitized after each use

Social and Learning Opportunities

Diapering is a special bonding time between child and caregiver. Here are some things you can do to enhance that experience:

- Focus your attention exclusively on the child.
- Treat the child with respect.
- Talk with the child about what you are doing and what the child is experiencing, as this encourages language skills and helps build confidence.

