

# CLOTH NAPPIES GUIDE AND PROCEDURE

Families may request using cloth nappies for their child. There are no health and safety regulations against the use of cloth nappies on children in early childhood. Our Service fosters strong, respectful relationships with families, and we encourage families to discuss the use of cloth nappies with service management.

Working in conjunction with the *Nappy Change and Toileting Policy*, this procedure provides detailed steps for educators to follow when changing a cloth nappy at the service.

*Education and Care Services National Law or Regulations (R.106, 109, 112 and 155) NQS QA 2: Element 2.1.1 and 2.2.2*  
*Health practices and procedures*  
*Related Policy: Nappy Change and Toileting Policy*

## WHY SOME FAMILIES CHOOSE TO USE CLOTH NAPPIES

- The impact of cloth nappies on the environment compared to disposable nappies (every child will have approximately 6,000 to 7,000 nappy changes before they move into using underwear)
- reducing the use of harsh chemicals- cloth nappies are non-toxic and don't contain chemicals
- cloth nappies they are naturally made from cotton
- cloth nappies have less leakage
- cloth nappies are washable
- if families supply cloth nappies, they can see the number of nappy changes carried out over the period of the day
- cloth nappies can allow children to experience 'wet' feeling more readily than they would in disposable nappies
- cloth nappies can cut down on costs for a family over long-term use
- adhering to the United Nations Convention on the Rights of the Child outlining the right to an education that respects families, cultural and other identities

## TYPES OF CLOTH NAPPIES

There are several types of cloth nappies available.

- Cloth or 'terry' squares- usually terry or flannelette. Fastened by pins or clips. A leak-proof cover is required. The squares can be folded to fit children of all ages.
- Pre-folds- made of soft layers of fabric like cotton or bamboo. They are folded and placed inside a fitted, leak-proof cover. Pre-folds come in different sizes. The leak-proof cover can be adjusted for children of various ages.
- Pocket nappies - these have a leak-proof outer shell sewn together with a soft inner layer. The inserts can be made of different fabrics. Easy to use and dry quickly. Inserts must be removed before washing.
- Other styles include pocket nappies, all-in-ones and snap-in-ones. These are shaped like a disposable and fastened using press studs or Velcro.

Source: raising children Nappies: cloth nappies and disposable nappies, [raisingchildren.net.au/babies/health-daily-care/poos-wees-nappies/nappies](http://raisingchildren.net.au/babies/health-daily-care/poos-wees-nappies/nappies)

### CLOTH NAPPIES- DISCUSSION WITH FAMILIES

It is important to discuss the *Nappy Change and Toileting Policy* with families during their orientation of the Service. This will involve conversing with families about:

- the style/variety of cloth nappies the family would prefer to use (including discussions about liners)
- how many cloth nappies and liners are required to be supplied by the family each day/week
- the method of returning used cloth nappies to the family each day (wet bags)
- the Service's procedure for changing cloth nappies on infants/children
- storage of soiled cloth nappies while in care (wet bags/buckets with lids)
- how often nappies will be changed

Staff within the room will communicate with families how the use of cloth nappies will be managed at the service

### NAPPY CHANGE PROCEDURE

1	Before changing a child's nappy, make sure you have everything you need within reach eg: disposable gloves, nappies, wipes, paper towel	
2	Wash your hands with soap and water and dry thoroughly with paper towel	
3	Place paper towel/sheet on the change table	
4	Put disposable gloves on both hands	
5	Lie child down on the change table	
6	Always keep a hand on the child to prevent falling	
7	Remove the child's nappy and empty solid waste into toilet, disposing of any liner in lidded bin. If toilet is not in close proximity, place nappy aside to empty later.	
8	Put any soiled clothes (including cloth nappy, if emptied) in a plastic bag or reusable 'wet bag' provided by the parent	
9	Using wipes, clean the child's bottom and genital area	
10	Remove the paper and put it in a hands-free lidded bin	
11	Remove your gloves turning them inside out and dispose in the bin (Do not let your skin touch the outer contaminated gloves)	

12	If nappy cream is required due to nappy rash, place on a new glove (check <i>Administration of Medication form</i> for authorisation)	
13	Administer child's nappy cream using your gloved finger to apply generously, dispose of gloves	
14	Place a clean nappy on the child	
15	Dress the child and wash the child's hands	
16	Remove infant/child from the change table and place in a safe/secure area with another educator	
17	Wash your hands	
18	Encourage the child to go and play with the other children	

#### NAPPY CHANGE AREA CLEANING PROCEDURE

1	After each nappy change, clean the change table with detergent and warm water, rubbing with paper towel or a cloth, then rinse and dry.	
2	Educators are to dispose of paper towel in bin	
3	Educators will wash hands thoroughly as per <i>Handwashing Policy</i>	
4	At the end of each day, thoroughly wash the nappy change mat and nappy change area with soap and water. Allow the change mat to dry, preferably in the sun.	
5	Educators will check nappy change resources and refill as required <ul style="list-style-type: none"> <li>• baby wipes</li> <li>• disposable nappies</li> <li>• bin liners</li> <li>• paper mats</li> </ul>	
6	In the event of spills (urine, faeces, vomit), educators will wear gloves and use paper towel over the spill to soak in. <ul style="list-style-type: none"> <li>• Remove the paper towel and solid matter and place in a plastic bag or alternative</li> <li>• Seal bag and place in bin</li> <li>• Clean the surface with warm water and detergent and allow to dry</li> <li>• Wash hands thoroughly.</li> </ul>	
7	Additional hygiene measures must also be implemented to reduce spread of diseases/illness such as gastroenteritis.	
8	<ul style="list-style-type: none"> <li>• Educators must disinfect the bathroom and nappy change area using a bleach solution prepared as per manufacturer's instructions.</li> <li>• Disposable gloves must be worn, and paper towel used to clean the surface</li> <li>• Wash hands thoroughly after cleaning</li> </ul>	

**IMPORTANT: Never leave a child unattended on a change table**

**Note:** Disposable gloves must be worn when disposing nappy content into the toilet. Liners must not be flushed down the toilet. Soiled cloth nappies (and reusable liners if being used) will be placed in a separate plastic bag after each use