

## CHANGING PULL-UPS/TOILET LEARNING PROCEDURE

Note: This procedure is recommended for wet pull-ups and wet underwear only. For pull-ups/underwear soiled with feces, follow diapering procedure.

<i>Preparation</i>	<b>Wash hands</b> .....  <b>Assemble supplies (within reach)</b> ....  <b>Put gloves on</b> .....	Thoroughly with soap and warm running water for 15-20 seconds using posted procedure.  1. Clean disposable pull-up* or underwear. 2. Disposable wipes or paper towels. 3. Gloves, when used. 4. Plastic bags, clean clothing (if needed).  See gloving recommendations per program policies.
<i>Dirty Phase</i>	<b>Stand child by the toilet</b> .....  <b>Teach child to remove pull-up</b> .....  <b>Teach child to wipe bottom</b> .....  <b>Remove gloves</b> .....	1. Provide privacy. 2. Assist child to remove clothing, if necessary. Put soiled clothing in a plastic bag. Avoid contaminating other clothing items or surfaces.  Tear sides of pull-up to remove. Place pull-up directly into plastic bag, tie and place in a plastic lined waste container.  1. Teach child to wipe from front to back (once per wipe). Use the child's own disposable wipes. 2. Place wipes in waste container.  Place gloves in waste container.
<i>Toileting</i>	<b>Encourage Independent Toileting</b> ....	1. Allow child to sit on toilet. 2. Praise for toileting attempt/success. 3. Allow child to wipe bottom. 4. Encourage child to flush toilet. 5. Follow "Clean Phase" procedure.
<i>Clean Phase</i>	<b>Teach child to put on pull-up/underwear and clothes</b> .....  <b>Wash child's hands</b> .....  <b>Return child to activity</b> .....	Have child sit on toilet to put on clean pull-up/underwear and pants or stand to place diaper between legs.  Thoroughly with soap and warm running water for 15-20 seconds using posted procedure.  Staff returns to diapering area.
<i>Clean Up</i>	<b>Clean and disinfect</b> .....  <b>Wash hands</b> .....	Any soiled areas including cleaning and disinfecting toilet seat.  Thoroughly with soap and warm running water for 15-20 seconds using posted procedure.
<i>Communicate</i>	<b>Acknowledge Toilet Learning Process</b>  <b>Record</b> .....  <b>Report</b> .....	Praise child for all attempts/successes in toilet learning process.  Toileting results.  Toileting results and any concerns to parents (rash, unusual color, odor, frequency, or consistency of stool).

\* A disposable diaper may be substituted for a pull-up if necessary.

Adapted from Minnesota Visiting Nurse Agency Child Care Consultants procedure and National Resource Center for Health & Safety in Child Care procedure.

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)

September 2015

