

# Diapering and Potty Training with Toddlers (Phase 1)

## Diapering

Diapering is an essential part of the day. During changing routines it's important to follow sanitary regulations to ensure the safety of all toddlers and yourself. Before diapering wash your hands and wash the hands of the toddler you're changing. You will then proceed by following the steps below:

- Prepare (includes putting on gloves)
- Clean the toddler
- Remove trash (soiled diaper and wipes)
- Replace toddler's diaper
- Wash toddler's hands (20 seconds)

After you've followed the steps above, disinfect the diapering area with a fragrance-free bleach or disinfecting solution. If the surface is dirty, it should be cleaned with detergent or soap and water prior to disinfection. Then wash your hands for at least 20 seconds.

**Think of songs that you can sing during diapering, potty training, and handwashing. It is critical to keep your toddlers engaged during this time. You can also have social conversations with your verbal toddlers.**



*"No One Likes Changes More Than Babies in Diapers."*

## Potty Training

During potty time, it is important to remember that toilets carry the most germs. For this reason you should follow sanitary regulations by sanitizing the toilet after each use. The following steps should be followed:

- Wash toddler's hands prior to using the toilet (20 seconds)
- Allow toddler to use the toilet
- Wash the toddler's hands (20 seconds)
- Sanitize the toilet
- Wash your hands (20 seconds)

It is also important to keep in mind that the sink should be sanitized throughout the day.

## Diapering and Potty Training with Toddlers (Phase 2)

### Diapering

Much like Phase 1, you should follow sanitary regulations during diapering. Before diapering wash your hands and wash the hands of the toddler you're changing. You will then proceed by following the steps below:

- Prepare (includes putting on gloves)
- Clean the toddler
- Remove trash (soiled diaper and wipes)
- Replace toddler's diaper
- Wash toddler's hands (20 seconds)

After you've followed the steps above, disinfect the diapering area with a fragrance-free bleach or disinfecting solution. If the surface is dirty, it should be cleaned with detergent or soap and water prior to disinfection. Then wash your hands for at least 20 seconds.

**Think of songs that you can sing during diapering, pottying, and handwashing. It critical to keep your toddlers engaged during this time. You can also have social conversations with your verbal toddlers.**



*"A couple washes a day keeps the germs away."*

### Potty Training

Keep in mind that toilets carry germs. Sanitize the toilet at least 3 times a day. The following steps should be followed during potty time:

- Wash toddler's hands prior to using the toilet (20 seconds)
- Allow toddler to use the toilet
- Wash the toddler's hands (20 seconds)
- Sanitize the toilet if used during designated sanitizing time
- Wash your hands (20 seconds)

It is also important to keep in mind that the sink should be sanitized throughout the day