

Handwashing

Infants & Toddlers



Guidelines for Handwashing in Infant & Toddler Care

When working with infants & Toddlers, procedures for handwashing after feeding, diapering or toileting will keep you & your children safe.

1

**Wet hands with
clean running
water, turn off tap**

2

**Lather by rubbing
hands with soap,
including back of
hands & between
fingers**

3

**Scrub for 20
seconds - sing
"Happy Birthday"
twice**

4

**Rinse hands under
running water, dry
with paper towel,
use towel to turn off
tap.**

Handwashing should take place during routines such as arrival, meal preparation/feeding and dealing with bodily fluids. Follow hand washing procedures when changing diapers or assisting children during toileting. Assist infants and toddlers who cannot wash hands alone.



All children, staff, and volunteers should engage in hand hygiene at the following times:

- Arrival to the facility and after breaks
- Before and after preparing food or drinks or feeding children
- Before and after administering medication or medical ointment
- Before and after diapering and after using the toilet or helping a child use the bathroom
- After encountering bodily fluid (wiping noses/changing soiled clothing)
- After playing outdoors wash hands with soap and water for at least 20 seconds.
- Assist children with handwashing, including infants who cannot wash hands alone.

Handwashing during diapering

When diapering a child, [wash your hands](#) and wash the child's hands before you begin, and wear gloves. Then, do the following:

- Prepare (includes putting on gloves)
- Clean the child
- Remove trash (soiled diaper and wipes)
- Replace diaper
- Wash child's hands
- Clean up diapering station
- After diapering, wash your hands (even if you were wearing gloves) and disinfect the diapering area with a sanitizing or disinfecting solution.