

# Hygiene Practices and Policies

**A child's feeling of protection comes from a healthy environment**

Teaching and ministering to preschoolers and children includes providing clean and orderly environments where the child can explore, create, learn, and play. Promoting good hygiene procedures is essential in order to provide protection from exposure to, and the spread of infectious diseases. Being aware of cleaning procedures and hygiene practices and policies protects and insures the health, safety, and emotional well being of preschoolers, children, their families and the church.

Because preschool and children's rooms are used frequently and by different groups, the following hygiene standards are recommended. These standards insure that the toys and equipment in every room are ready for use at any time. Teachers and children are protected from disease and injury, and the church is protected in the event of an injury, accident, or spread of infectious diseases.

### I. General Procedures and Practices in Rooms

- Both preschool and children's teachers, paid or volunteer, are required to attend an orientation and receive instructions in proper Handwashing, uses of gloves, and diapering techniques applicable to their age group.
- Teachers will be instructed how to respond to emergency injuries and illnesses as well as how to clean and disinfect materials, toys, equipment, and rooms.
- All teachers will wash their hands using the "Handwashing Procedures" (in this document) when they enter a classroom.
- Teachers of infants and one-year-olds will wear smocks while teaching.
- Bleach water solution (recipe in this document) will be prepared for disinfecting cribs, toys, and equipment during a session and at the end of each session.
- Bleach solution will be used to disinfect cribs, eating tables, areas where food is handled, toileting areas, toys, and teaching materials.
- All rooms are kept orderly and clean, disinfecting as needed throughout older age group rooms.

<b>Recipe for Bleach Water Disinfecting Solution</b>		
1/4 cup bleach 1 gallon of cool water	OR	1 tablespoon bleach 1 quart cool water
<p><b>PREPARE:</b> Bleach water solution is prepared out of the presence of children. Add the household bleach (5.25% sodium hypochlorite) to the water. Mix fresh for each session. Change the solution at least once during a two-hour session.</p>		
<p><b>NOTICE:</b> One of the most commonly used solutions for disinfecting in the childcare setting is the homemade solution of household bleach and water. It is easy to mix, nontoxic, safe (if handled properly) and kills most infectious agents.</p>		
<p><b>CAUTION:</b> Keep bleach solution and bleach out of the reach of children. Mix bleach solution with tap water outside the room and away from the children. Discard any unused bleach solution at the end of each session. Store bleach in a locked closet away from the children's area.</p>		

### Suggested Cleaning Procedures for Cribs, Equipment and Teaching Materials

- Avoid the use of stuffed animals and fabric toys as they cannot be cleaned after a child mouths one.
- After removing sheet, clean crib rails and crib mattress by washing in warm soapy water, rinsing in clear water, and disinfecting with bleach solution. Dry chrome crib rails with disposable towel to prevent rusting. Let mattress air dry.
- Throughout the session disinfect eating areas, toilet seats, and toileting areas (using same method as described above) after each individual use.

- Designate one crib for each individual baby during a session.
- After each session, clean toys and teaching materials in babies through three-year-old rooms, scrubbing materials in soapy water, rinsing in clear water, disinfecting in bleach solution, and leaving to air-dry.
- Clean and disinfect mouthed toys and materials after each child's use. Wash in soapy water, rinse in clear water, and dip in bleach solution. Leave to air dry.
- Disinfect plastic dolls after each session. Dolls with hair should not be used, as the hair cannot withstand the disinfecting solution.
- Wash homeliving dress-up clothes, doll clothes or other fabric items regularly.
- Avoid the use of hats, caps, and headscarves unless they can be disinfected after each individual use.

## II. Diapering and Toileting

- Check diapers at 30-minute intervals.
- Change babies in their own cribs.
- Change older babies and twos on a vinyl mat on the floor in a designated area of the room.
- Disinfect the mat with bleach solution after each use.
- All teachers are required to wear disposable gloves when changing diapers or assisting with toileting needs.
- Teachers should wash their hands after removing gloves.
- Clean restroom surfaces (faucet handles and toilet seats) with bleach and water solution or a chlorine-containing scouring powder or other nontoxic bathroom surface disinfectant several times a day if possible, but at least once a day and when soiled.

## III. Handwashing

- Handwashing is important in preventing the spread of infection and should be routinely practiced by teachers and taught to children 18 months and older.
- Teachers and children should wash their hands after using the toilet, after wiping their eyes or nose, before and after cleaning or touching an open wound, and before serving food.

### Handwashing Procedures

- Use antibacterial soap and warm running water (if available) when washing hands. If running water is not available, provide pans of soapy and rinse water and a pan of bleach solution in the room. Rub hands vigorously for 10 to 15 seconds.
- Wash all surfaces including backs of hands, wrists, between fingers, and under fingernails. Rinse soap from hands.
- Disinfect hands in bleach solution.
- Dry hands with a disposable paper towel.
- Turn water faucet off with a disposable towel (instead of using bare hands) then dispose of towel in trash.

### Sources:

Center for Disease Control and Prevention, National Center for Infectious Diseases, The ABC's of Safe and Health Child Care (<http://www.cdc.gov/ncidod/hip/abc>)

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