
Hygiene Practices

for

Preschool Teachers

Caring for preschoolers includes providing a clean environment where the child can explore, create, learn, and play. That means toys, teaching materials, equipment, walls, and floors need to be clean and ready for the child. It is important to be aware of cleaning procedures and hygiene practices to ensure a safe and clean environment for the child.

For Teachers of Babies and Ones

Changing A Diaper

1. Collect a sheet of waxed paper, moist disposable towelettes (as approved by parents) or washcloth, a clean diaper, and disposable gloves approved for medical use.
2. Place the waxed paper on top of a clean diaper and slide both under the child in his crib or on the floor on a clean vinyl mat in a designated area of the room.
3. Roll the soiled or wet diaper in waxed paper. Fasten the clean diaper securely.
4. Place a wet cloth diaper in a paper bag or plastic bag before placing in diaper bag. **(Keep plastic bags out of reach of children.)**
5. Put a wet or soiled disposable diaper in a plastic bag and place it in a trash container lined with a disposable plastic bag which can be securely closed at the top when trash is emptied.
6. Wipe vinyl mat with disinfectant solution, or change crib sheet if it has been soiled in the process of changing the diaper.
7. Remove gloves and dispose of them before washing hands. Wash hands with an antibacterial soap and warm water, dip in diluted bleach solution (use 1/4 c. of bleach to 1 gallon of water), rinse in clear water, and dry with disposable paper towel.

Cleaning a Crib

1. Remove the crib sheet and all teaching materials.
2. Use warm soapy water, clear rinse water, and a disinfecting solution (use 1/4 c. of bleach to 1 gallon of water) to clean crib rails and all sides of the mattress.
3. Wipe chrome crib rails dry with disposable towels to prevent rails from rusting.
4. Let the mattress air dry.

Washing Hands

When?

- ✓ After changing a diaper and removing disposable gloves,
- ✓ After assisting a child with toileting,
- ✓ After wiping a child's nose or mouth,
- ✓ Before feeding a baby or serving snacks, and
- ✓ Before and after attending to a cut or other injury. When blood is present, use disposable gloves. Clean hands and surface with 1/4 c. of bleach to 1 gallon of water.

How?

- ✓ Use mild liquid antibacterial soap and warm water.
- ✓ Scrub hands vigorously for 10-15 seconds (friction loosens germs).
- ✓ Dip hands in diluted beach solution (1/4 c. of bleach to 1 gallon of water).
- ✓ Rinse hands thoroughly and dry with disposable paper towels.

If a water source is not available in the room, use a spray bottle or pan filled with soapy water, a spray bottle (or pan) filled with clear rinse water, and a dishpan for washing hands. If pans of water are used, change water frequently (at least twice during a three-hour period).

Washing Teaching Materials

1. Before the session (in a baby or one-year-old department), fill three basins with:
 - ✓ Soapy, warm water,
 - ✓ Disinfectant solution (1/4 c. of bleach to 1 gallon of water), and
 - ✓ Clear rinse water (or use running water).
2. Wash each toy, teaching picture, and so forth, after use by a child during the session as needed. Change basins of water frequently as needed.
3. After the session, wash all toys and teaching materials and set them aside on towel or in a dish drainer to air dry.

*Handwashing sinks should be cleaned
daily and sanitized at least daily
and when soiled.*

For Teachers of Twos, Threes, Fours, Fives, and Preschool Sixes

Washing Hands

1. Wash hands after assisting a child with toileting and wiping a child's nose or mouth.
2. Wash hands before and after attending to a cut or other injury. When blood is present, use disposable gloves. Clean hands and any soiled surfaces with 1/4 c. of bleach to 1 gallon of water.
3. Use a mild liquid antibacterial soap and warm water.
4. Scrub hands vigorously for 10-15 seconds (friction loosens germs).
5. Dip hands in a mild diluted bleach solution (1/4 c. of bleach to 1 gallon of water) or fill a spray bottle with a clear rinse water and bleach solution. (For the spray bottle use one tablespoon bleach to one quart water. Keep mixture in a quart container to replenish during the session if needed.)
6. Rinse hands thoroughly and dry with disposable paper towels.

Washing Teaching Materials

Clean teaching materials according to the frequency of room use (Sunday School, Discipleship and Family Development Training, Music, Missions, Weekday, or after churchwide events).

1. Wash the following teaching materials with a cloth and mild bleach solution (1/4 c. of bleach to 1 gallon of water):
 - ✓ teaching pictures,
 - ✓ books (hardback or those covered in clear contact plastic),
 - ✓ puzzles,
 - ✓ blocks and block accessories (wooden figures, trucks, and so forth),
 - ✓ tables and chairs,
 - ✓ shelves (books, blocks, puzzles, nature, music, and so forth),
 - ✓ art easel and art brushes, and
 - ✓ toy telephone (after each session it is used).
2. Wash any homeliving dress-up clothes, scarves, tablecloth, or cloth items regularly. Wipe homeliving table after each session with a mild bleach solution (mixed as instructed in #1).

Cleaning the Walls and Floors

1. Clean door and door knobs regularly with a mild bleach solution (mixed as instructed in #1—Washing Teaching Materials).
2. Clean walls and floors as needed. Consider using a mild bleach solution on floors and walls. If carpet is a floor cover, use a nontoxic, deep-cleaning process.

Assisting Preschoolers in Developing Hygiene Habits

1. Provide antibacterial liquid soap for preschoolers to use after toileting (for twos who are wearing diapers, encourage hand washing after diapering).
2. Provide for hand washing after inside and outside activities, before snacks, and food tasting experiences.
3. Encourage each preschooler to wash her hands after blowing her nose or sneezing.

Providing for Hand Washing

1. If a rest room with a lavatory is not available for hand washing, consider using two pans of water. Provide one pan with mild soapy warm water and one pan with rinse water. Change water often as needed. Pans may be placed on a towel on a chair or low table.
2. Place paper towels and wastebasket nearby.

Preparing Liquid Bleach Solution

1. Prepare liquid bleach solution by mixing 1/4 c. of bleach to one gallon of water.
2. Liquid bleach solution needs to be prepared fresh daily. If there is no chlorine smell, a new solution needs to be made even if the solution was prepared fresh. This solution is not toxic if accidentally ingested by a child. However, since this solution is moderately corrosive, caution should be exercised in handling it and when wetting or using it on items containing metals, especially aluminum.

Cleaning Contaminated Surfaces (spills from body fluids)

1. Use disposable gloves when cleaning contaminated surfaces.
2. Clean surfaces/toys when spills from urine, feces, blood, saliva, nasal discharge, and injury or tissue discharge occurs (using 1/4 c. of bleach to 1 gallon of water).
3. Clean surfaces such as countertops, walls, floors, and bathrooms where spills from vomitus, urine, and feces occurs.
4. Wash a cut resulting in blood spill with disinfectant soap and warm running water for 10 seconds. Allow the cut to dry and cover with a sterile bandage.
5. Wash your hands immediately (after disposing of gloves) using soap and warm running water.

Resources: *Serving Children with HIV Infection in Child Day Care*, Child Welfare League of America

Model Child Care Health Policies, Dec. '93, NAEYC

The Clorox Bleach Simple Solutions Guide, (Useful Tips for Cleaning, Disinfecting, and Deodorizing Every Room in the House), 1994

Caring for Our Children, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 1992, American Public Health Association and American

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