

Healthy Practices: Changing Pull-Ups and Soiled Underwear

Discuss with a group or write your responses to the following.

Before the Vodcast:

- Child care professionals who work with young children understand that learning to use the toilet takes time and accidents happen. There are a lot of steps to consider to keep children healthy and safe when changing children's pull-ups or soiled underwear. List steps and procedures that you consider to be important when changing soiled pull-ups or underwear. If you're working in a group, share your list with others to compare practices and ideas.
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After the Vodcast:

The video, "Healthy Practices: Changing Pull-Ups and Soiled Underwear" presented many important health and safety steps to consider while changing a child's soiled pull-up or underwear. Compare your list above with information you learned in the video. Discuss and share the following questions or use them for self-reflection:

- What did you learn?
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- Consider the children in your care and their stages of learning. Discuss the pros and cons of a standing change versus a change while lying on a changing table for the children in your care.
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