ATTENTION FAMILIES



**One Wipe Per Swipe**

Do you worry your child uses a lot of diapers and wipes during the day?

**It’s a rule!**

A child’s diaper must be changed when wet or soiled

*It is best practice to change a diaper at least every 2 hours.*

Only one disposable wipe can be used per swipe. A fresh wipe is then used to wipe the teacher’s hands and then another wipe for the child’s hands.

These rules and practices help prevent diaper rash and help your child stay clean and healthy.



**Questions?** Ask the teacher or check out our diapering steps and more health and safety information at healthychildcare.unc.edu.

NC Child Care Rules 10A NCAC 09 .0806; 15A NCAC 18A .2819; Caring for Our Children 3.2.1.3, 3.2.1.4