

Infant Care

WAC 170-296A-6700 Limiting screen time for children under two

WAC 170-296A-7025 Infant "tummy time" positioning.

WAC 170-296A-7050 Infant and toddler supervision.

WAC 170-296A-7075 Infant sleeping or napping.

WAC 170-296A-7100 Infant supervision--Procedures to reduce the risk of sudden infant death syndrome (SIDS).

WAC 170-296A-7125 Infant bottles.

WAC 170-296A-7150 Breast milk.

WAC 170-296A-7175 Bottle feeding infants.

WAC 170-296A-7200 Feeding solid food to infants.

WAC 170-296A-7225 High chairs.

WAC 170-296A-7250 Diapering and toileting.

WAC 170-296A-7275 Diaper disposal.

WAC 170-296A-7300 Diaper changing.

WAC 170-296A-7375 Potty chairs or modified toilet seats.

<p>WAC 170-296A-6700 Limiting screen time for children under two.</p> <p>The licensee must minimize exposure to screen time for any child under the age of two by:</p> <p>(1) Providing alternative activities for the child; (2) Moving the child away from direct view of the screen; and (3) Positioning the child so the child is not able to view the screen.</p>	<p>There should be no screen time for children under two: the licensee or staff should not permit children under two years of age to view TV’s, DVD’s or use computers.</p>	<p>Life Threatening</p> <p>Cost: None</p> <p>Regulation Consideration: Observation and inquiry during site visit.</p> <p>WAC Alignment: No mention of screen time limits in Center WACs. <i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information: There should be no screen time for children under two: the licensee or staff should not permit children under two years of age to view TV’s, DVD’s or use computers.</p> <p><u>Caring for our Children 3rd Edition</u></p>
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Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7025 Infant "tummy time" positioning. When infants are awake, the licensee or staff must allow each infant tummy time daily. As used in this section, "tummy time" means placing the infant in a prone position, lying on his or her stomach.</p>	<p>WAC 170-296A-7025 Infant "tummy time" positioning. When infants are awake, the licensee or staff must allow each infant tummy time daily. provide a least restrictive environment throughout the day to allow for healthy growth and development. Allow each infant at least 3, 5 minute periods of tummy time throughout the day. Restrictive equipment such as, stationary activity centers, exer-saucers, infant seats, bouncers, molded seats, swings, if used, are used no longer than 15 minutes a day.</p>	<p>Life Threatening: No. Supports growth and development</p> <p>Cost : None</p> <p>Regulation Considerations: Licensor observation and inquiry.</p> <p>WAC Alignment: Center WAC 170-295-2120 (e) Provide daily indoor opportunities for freedom of movement outside their cribs, in an open, uncluttered space;</p> <p>(f) Place them in a prone (lying on the tummy) position part of the time when they are awake and staff are observing them;</p> <p>(g) Not leave them in car seats once they arrive at the center even if they are asleep; and</p> <p>(h) Not be left in playpens for extended periods of time excluding sleep time.</p> <p>Center WAC revision recommendation: "Playpens" are somewhat antiquated. They have been replaced with "activity saucers" A term must be used to cover all confined equipment that restricts movement.</p> <p><i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information: a) Infant environment is least restrictive at all times. b) If infant equipment (i.e. car seats, playpens etc.) is used, use is limited to less than 15 minutes. c) Infants have supervised tummy time when they are awake, at least three 5-minute periods throughout the day.</p> <p><u>Caring for our Children 3rd Edition</u></p> <p>"Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby's head, neck and shoulder muscles get stronger and helps to prevent flat spots on the head.</p> <p><u>Back to Sleep campaign</u> http://www.nichd.nih.gov/SIDS</p>

Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7050 Infant and toddler supervision.</p> <p>(1) The licensee or a primary staff person must be within sight and hearing of infants and toddlers in the licensed indoor or outdoor space, or during any off-site activity when infants or toddlers in care are present.</p> <p>(2) When infants or toddlers are indoors, the licensee or primary staff person must be within sight and hearing. The licensee or primary staff person may be in sight or hearing range for brief periods of time while the licensee or primary staff person attends to toileting, medical, or other personal needs on the premises.</p> <p>(3) A baby monitor or video monitor must not be used in place of direct supervision of children.</p>	<p>WAC 170-296A-7050 Infant and toddler supervision. (1) The licensee or a primary staff person must be within sight and hearing of infants and toddlers in the licensed indoor or outdoor space, or during any off-site activity when infants or toddlers in care are present.</p> <p>(2) When infants or toddlers are indoors, the licensee or primary staff person must be within sight and hearing. The licensee or primary staff person may must continue to be in sight or hearing range for brief periods of time while the licensee or primary staff person attends to toileting, medical, or other personal needs on the premises.</p> <p>(3) A baby monitor or video monitor must not be used in place of direct supervision of children.</p>	<p>Life Threatening: Potentially depending on the amount of time the provider is gone.</p> <p>Cost: Potentially cost associated with hiring assistant.</p> <p>Regulation Considerations: Inquiry. Will most likely not see this on visit, however, inquiry serves as a reminder, provider know she/he must accommodate for this and should something happen to a child, provider would be liable if not within sight or hearing range.</p> <p>WAC Alignment: <i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information:</p> <p>j) Infants should be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up; The lighting in the room must allow the caregiver/teacher to see each infant's face, to view the color of the infant's skin, and to check on the infant's breathing and placement of the pacifier (if used). A caregiver/teacher trained in safe sleep practices and approved to care for infants should be present in each room at all times where there is an infant. This caregiver/teacher should remain alert and should actively supervise sleeping infants in an ongoing manner. Also, the caregiver/teacher should check to ensure that the infant's head remains uncovered and re-adjust clothing as needed. The construction and use of sleeping rooms for infants separate from the infant group room is not recommended due to the need for direct supervision. In situations where there are existing facilities with separate sleeping rooms, facilities should develop a plan to modify room assignments and/or practices to eliminate placing infants to sleep in separate rooms.</p> <p><u>Caring for our Children 3rd Edition</u></p>

Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7075 Infant sleeping or napping. (1) The licensee must:</p> <p>(a) Provide and use a single level crib, toddler bed, playpen or other sleeping equipment for each infant or toddler in care that is safe and not subject to tipping. The equipment must be of a design approved for infants or toddlers by the U.S. Consumer Product Safety Commission (see WAC 170-296A-3760 regarding approved cribs).</p> <p>(b) Provide sleeping or napping equipment with clean, firm, and snug-fitting mattresses that do not have tears or holes or is repaired with tape.</p> <p>(c) Provide mattresses covered with waterproof material that is easily cleaned and sanitized.</p> <p>(i) If a bleach solution is used to sanitize, the solution must be one-quarter teaspoon of bleach to one quart of cool water.</p> <p>(ii) If another sanitizer product is used, it must be used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry.</p> <p>(d) Arrange sleeping equipment to allow staff access to children;</p> <p>(e) Remove sleeping children from car seats, swings or similar equipment; and</p> <p>(f) Consult with a child's parent or guardian before the child is transitioned from infant sleeping equipment to other approved sleeping equipment.</p> <p>(2) Children that may climb out of their sleeping equipment must be transitioned to an alternate sleeping surface.</p> <p>(3) If a crib with vertical slats is used, the slats must be spaced not more than two and three-eighths inches apart.</p>	<p>WAC 170-296A-7075 Infant sleeping or napping. (1) The licensee must:</p> <p>(a) Provide and use a single level crib, toddler bed, playpen or other sleeping equipment for each infant or toddler in care that is safe and not subject to tipping. The equipment must be of a design approved for infants or toddlers meets the standards and guidelines approved by the US Consumer Product Safety Commission and ASTM. by the U.S. Consumer Product Safety Commission (see WAC 170-296A-3760 regarding approved cribs) (b) Provide sleeping or napping equipment with clean, firm, and snug-fitting mattresses that are clean, firm and snug-fitting and are not do not have tears or holes or is torn or repaired with tape.</p> <p>(c) Provide mattresses covered-with waterproof material that is easily cleaned.</p> <p>(ii) If another sanitizer product is used, it must be approved by the Department of Early Learning and used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry.</p> <p>(d) Arrange sleeping equipment to allow staff access to children;</p> <p>(e) Arrange mats or cots so that children are placed head to toe or toe to toe;</p> <p>(f) Remove sleeping children from car seats, swings or similar equipment and place on their backs in crib;</p> <p>(f) Consult with a child's parent or guardian before the child is transitioned from infant sleeping equipment to other approved sleeping equipment.</p> <p>(2) Children that may climb out of their sleeping equipment must be transitioned to an alternate sleeping surface.</p> <p>(3) If a crib with vertical slats is used, the slats must be spaced not more than two and three-eighths inches apart. Refer to WAC 170-296A-3760</p> <p>(4) Infants are allowed to follow individual sleep patterns.</p> <p>(continued next page)</p>	<p>Life Threatening: Yes.</p> <ul style="list-style-type: none"> US Consumer Product Safety Commission and ASTM give updates on crib standards that must be followed for the safety of infants. Inappropriate sanitizing products could prove to be ineffective or fatal, leading to the transmission of communicable disease. Infants must be placed on backs in crib after being removed from car seats etc. to promote safe sleep. <p>Cost: This depends on if what provider is currently using needs to be replaced.</p> <p>Regulation Considerations: Licensor observation during site visit.</p> <p>WAC Alignment: Center WAC: 170-295-5120</p> <p><i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information: Infants should not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib (that is in compliance with the CPSC and ASTM safety standards). Bed sheets & pillow cases, cribs, cots & mats, should be cleaned weekly and before use by another child. Sleeping and nap equipment must be available for each toddler and preschool age child not using a crib and remaining in care for at least six hours and any other child requiring a nap or rest period.</p> <p>(continued next page)</p>

Proposed WAC	Recommendation	Support
	<p>Recommendation for clarity and organization. Have two separate WACs, one for Sleeping Equipment and one for Infant Sleeping/Napping.</p> <p>Sleeping Equipment: 7075 (1) (a), (b), (c), (i) (ii),</p> <p>Infant Sleeping/Napping 7075 (d), (e), (f), (2), (3)</p>	<p>(Additional Information Continued)</p> <p>(1) You must:</p> <ul style="list-style-type: none"> (a) Provide a separate, firm and waterproof mat or mattress, cot or bed for each child or have a system for cleaning the equipment between children; (b) Place mats or cots at least thirty inches apart at the sides and arrange children head to toe or toe to toe; (c) Be sure that the bedding consists of a clean sheet or cover for the sleeping surface and a clean blanket or suitable cover for the child; (d) Launder the bedding weekly or more often if necessary and between uses by different children; (e) Store each child's bedding separately from bedding used by other children. Once the bedding has been used, it is considered dirty. One child's bedding cannot touch another child's bedding during storage; (f) Keep mats clean and in good repair. Once a mat is torn it is not cleanable. You may not use duct tape or fabric to repair sleeping mats or mattresses; and (g) Use only cots with a surface that can be cleaned with a detergent solution, disinfected and allowed to air dry. <p>(2) You may not use the upper bunk of a bunk bed for children under six years of age.</p> <p><u>Caring for our Children 3rd Edition</u></p>

Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7100 Infant supervision--Procedures to reduce the risk of sudden infant death syndrome (SIDS). To reduce the risk of sudden infant death syndrome (SIDS), the licensee or staff must:</p> <p>(1) Place an infant to sleep on his or her back. If the infant has turned over while sleeping, the infant does not need to be returned to his or her back;</p> <p>(2) Place an infant in sleeping equipment that has a snug-fitting mattress and a tight-fitting sheet;</p> <p>(3) Not allow soft fluffy bedding, stuffed toys, pillows, crib bumpers and similar items in the infant sleeping equipment;</p> <p>(4) Not cover an infant's head and face during sleep;</p> <p>(5) Take steps so infants do not get too warm during sleep; and</p> <p>(6) Place the infant in another sleeping position other than on their backs if required by a written directive or medical order from the infant's health care provider. This directive or medical order must be in the infant's file.</p>	<p>WAC 170-296A-7100 Infant supervision--Procedures to reduce the risk of sudden infant death syndrome (SIDS). To reduce the risk of sudden infant death syndrome (SIDS), the licensee or staff must:</p> <p>(1) Place an infant to sleep on his or her back. If the infant has turned over while sleeping, and is developmentally able to roll proficiently from front to back and back to front then it is not necessary for the infant to be returned to his or her back during sleep. the infant does not need to be returned to his or her back</p> <p>(2) Place an infant in sleeping equipment on a firm sleep surface, such as a safety-approved crib mattress, that has a snug-fitting mattress and a tight-fitting sheet;</p> <p>(3) Not allow soft fluffy bedding, stuffed toys, pillows, crib bumpers and similar items in the infant sleeping equipment, crib (4) Not cover an infant's head and face during sleep; If a blanket is used then the infant will be placed with feet near the foot of the crib and the blanket will be light-weight, firmly tucked along the sides and bottom of the mattress, and placed no higher than the infant's chest with arms free.</p> <p>(5) Take steps so Dress infants for sleep to avoid overheating do not get too warm during sleep; and</p> <p>(6) If the infant is to be placed in a sleeping position other than on their backs or if a sleep positioning device is to be used a written directive or medical order from the infant's health care provider is required. This directive or medical order must be in the infant's file.</p> <p>(7) Swaddling is not permitted.</p> <p>Recommendation for organization & Clarity: Combine WAC 170-296A-7075 Infant sleeping or napping. And WAC 170-296A-7100 Infant supervision--Procedures to reduce the risk of sudden infant death syndrome (SIDS).</p>	<p>Life Threatening: Use of blanket in way other than recommendation and use of sleep positioning devices are potentially life threatening</p> <p>Cost: None</p> <p>Regulation Consideration: Observation of children napping during site visit</p> <p>WAC alignment: <i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information:</p> <p>b) Infants should be placed for sleep in safe sleep environments. A firm crib mattress covered by a tight-fitting sheet in a safety-approved crib is the recommended safe sleep environment. The crib should meet the standards and guidelines reviewed/approved by the U.S. Consumer Product Safety Commission (CPSC) and ASTM International (ASTM). No monitors or positioning devices should be used unless required by the child's primary care provider. No other items should be in a crib occupied by an infant except for a pacifier;</p> <p>c) Infants should not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib (that is in compliance with the CPSC and ASTM safety standards) (4) d) If an infant arrives at the facility asleep in a car safety seat, the parent/guardian or caregiver/teacher should immediately remove the sleeping infant from this seat and place them in the supine position in a safe sleep environment (i.e., the infant's assigned crib);</p> <p>e) If an infant falls asleep in any place that is not a safe sleep environment, staff should immediately move the infant and place them in the supine position in their crib;</p> <p>(continued next page)</p>

Proposed WAC	Recommendation	Support
		<p>(Additional Information, continued.)</p> <p>f) Only one infant should be placed in each crib. Stackable cribs are not recommended; g) Soft or loose bedding should be kept away from sleeping infants and out of safe sleep environments. These include, but are not limited to: bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, etc. Blankets/items should not be hung on the sides of cribs. Sleepers should be used. Swaddling infants when they are in a crib is not necessary or recommended (see Standard 3.1.4.4 for more detail information on swaddling); h) Toys, including mobiles and other types of play equipment that are designed to be attached to any part of the crib should be kept away from sleeping infants and out of safe sleep environments; i) When caregivers/teachers place infants in their crib for sleep, they should check to ensure that the temperature in the room is comfortable for a lightly clothed adult. They should also check the infants to ensure that they are comfortably clothed (not overheated or sweaty). Bib, necklaces, and garments with ties or hoods should be removed. Clothing sacks or other clothing designed for sleep can be used in lieu of blankets; Swaddling: In child care settings, swaddling is not necessary or recommended.</p> <p><u>Caring for our Children 3rd Edition</u></p>

<p>WAC 170-296A-7125 Infant bottles. The licensee must: (1) If heating a bottle, heat the bottle in warm water that is not warmer than one hundred twenty degrees Fahrenheit; (2) Not use a microwave oven to warm the contents of a bottle; (3) Clean and sanitize bottles and nipples before each use; (4) Keep bottle nipples covered if bottles are prepared ahead, and label the bottle with the date it was prepared; (5) Not allow infants to share bottles or infant cups; (6) Have a method to identify the individual child's bottle or cup; (7) Keep the contents of a child's bottle inaccessible to other children; and (8) Throw away milk (except breast milk) or formula if it has been sitting at roomtemperature for more than one hour.</p>	<p>Add: Not use or allow infant bottles that contain the chemical bisphenol- A or phthalates. Use glass bottles or plastic bottles labeled with a #1, 2, 4, 5.</p>	<p>Life Threatening: Long term effects</p> <p>Cost: None</p> <p>Regulation Consideration: Inquiry during site visit.</p> <p>WAC Alignment: No mention in Center WACs <i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information</p> <p>Not use or allow infant bottles that contain the chemical bisphenol- A or phthalates. Use glass bottles or plastic bottles labeled with a #1, 2, 4, 5. <u>Caring for our Children 3rd Edition</u></p>
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<p>PWAC 170-296A-7150 Breast milk. When breast milk is provided for a child, the licensee must:</p> <p>(1) Label the contents with the child's name and date the milk was brought to the child care;</p> <p>(2) Store frozen breast milk at ten degrees Fahrenheit or less;</p> <p>(3) Thaw breast milk in the refrigerator, under warm running water, or in warm water that is not warmer than one hundred twenty degrees Fahrenheit;</p> <p>(4) Never thaw or heat breast milk in a microwave oven or on the stove;</p> <p>(5) Keep frozen breast milk for no more than two weeks; and</p> <p>(6) Use frozen breast milk within twenty-four hours after thawing; and</p> <p>(7) Throw away breast milk if it has been sitting at room temperature for more than two hours.</p>	<p>WAC 170-296A-7150 Breast milk. When breast milk is provided for a child, the licensee must:</p> <p>(1) Label the contents with the child's full name and date the breast milk was brought to the child care;</p> <p>(2) Store frozen breast milk at ten degrees Fahrenheit or less for no more than 2 weeks;</p> <p>(3) Thaw breast milk in the refrigerator, under warm running water, or in warm water that is not warmer than one hundred twenty degrees Fahrenheit;</p> <p>(4) Never thaw or heat breast milk in a microwave oven or on the stove;</p> <p>(5) Keep frozen breast milk for no more than two weeks; and (see #2 above)</p> <p>(6) Use frozen breast milk within twenty four hours after thawing; and Return unused thawed breast milk to family at end of day.</p> <p>(7) Throw away breast milk if it has been sitting at room temperature for more than twoone hour</p>	<p>Life Threatening Yes. If the wrong breastmilk is given to the wrong child, the results could be devastating. Protecting the breastmilk from spoiling and becoming the carrier of communicable disease is also very important.</p> <p>Cost: None</p> <p>Regulation Considerations: If provider had this in written health policy reviewed and signed by RN as in Center WAC, easy for licenser to review policy</p> <p>WAC Alignment: Center WAC 170-295-4050 (4): Keep frozen breast milk in the center for no more than two weeks.</p>
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Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7175 Bottle feeding infants. (1) When bottle feeding, the licensee or staff must:</p> <p>(a) Test the bottle contents before feeding, to avoid scalding or burning the infant's mouth;</p> <p>(b) Hold infants when bottle feeding;</p> <p>(c) Not prop bottles when feeding an infant; and</p> <p>(d) Not give a bottle or cup to an infant who is lying down.</p> <p>(2) When an infant can hold his or her own bottle, the licensee or staff must:</p> <p>(a) Place the infant in a semi-reclining or upright position during bottle feeding; and</p> <p>(b) Be in the same room within visual range of the infant during feeding.</p> <p>(3) The licensee or staff must take the bottle from the infant when the child finishes feeding.</p>	<p>WAC 170-296A-7175 Bottle feeding infants. (1) When bottle feeding, the licensee or staff must:</p> <p>(a) Test the bottle contents before feeding, to avoid scalding or burning the infant's mouth;</p> <p>(b) Hold infants when bottle feeding;</p> <p>(c) Not prop bottles when feeding an infant; and</p> <p>(d) Not give a bottle or cup to an infant who is lying down;</p> <p>(e) Feed infant's on demand based on infant's cues of hunger and fullness;</p> <p>(f) Feed only breast milk or iron-fortified infant formula until one year old;</p> <p>(g) Not add medication, cereal, supplements or sweetener to the bottle unless prescribed by health care provider.</p> <p>(2) When an infant begins to use a cup, the licensee or staff must:</p> <p>(a) Either hold the infant or place the infant in a semi-reclining high-chair or upright sitting position during feeding; and</p> <p>(b) Be in the same room within visual range of the infant during feeding.</p> <p>(3) The licensee or staff must take the cup/bottle from the infant when the child finishes feeding.</p>	<p>Life Threatening: Infant must be in upright position to prevent choking</p> <p>Cost: None.</p> <p>Regulation Considerations: Observation and Inquiry during visit</p> <p>WAC Alignment: Center WAC 170-295-4070:</p> <p>2: While feeding infants</p> <ul style="list-style-type: none"> a. Hold infants for bottle feedings to prevent choking b. Place infants who can sit in high chairs or at an appropriate child-sized table and chairs for feeding and sit facing the child during the feeding c. Do not prop a bottle <p><i>Center WACs should be revised to include Caring for our Children standards.</i></p> <p>Additional Information: Techniques for Bottle Feeding Infants should always be held for bottle feeding. Caregivers/teachers should hold infants in the caregiver/teacher's arms or sitting up on the caregiver/teacher's lap. Bottles should never be propped. The facility should not permit infants to have bottles in the crib. The facility should not permit an infant to carry a bottle while standing, walking, or running around. Bottle feeding techniques should mimic approaches to breastfeeding: a) Initiate feeding when infant provides cues (rooting, sucking, etc.);</p> <ul style="list-style-type: none"> b) Hold the infant during feedings and respond to vocalizations with eye contact and vocalizations; c) Alternate sides of caregiver's/teacher's lap; d) Allow breaks during the feeding for burping; e) Allow infant to stop the feeding. <p>A caregiver/teacher should not bottle feed more than one infant at a time. Bottles should be checked to ensure they are given to the appropriate child, have human milk, infant formula, or water in them. When using a bottle for a breastfed infant, a nipple with a cylindrical teat and a wider base is usually preferable. A shorter or softer nipple may be helpful for infants with a hypersensitive gag reflex, or those who cannot get their lips well back on the wide base of the teat .</p> <p>The use of a bottle or cup to modify or pacify a child's behavior should not be allowed .</p> <p><u>Caring for our Children 3rd Edition</u></p>

Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7200 Feeding solid food to infants. (1) The licensee must consult with and have approval from an infant's parent or guardian before introducing solid food to the infant.</p> <p>(2) When serving infants solid food the licensee or staff must:</p> <p>(a) Sit the infant in a semi-reclining or upright position;</p> <p>(b) Not allow infants to share the same dish or utensil;</p> <p>(c) Stir and test for safe temperature after heating food and before serving;</p> <p>(d) Throw away any uneaten food from the serving container;</p> <p>(e) Serve solid food by utensil or let the child feed themselves; and</p> <p>(f) Feed the infant on demand unless the parent or guardian gives written instructions for an alternative feeding schedule.</p>	<p>WAC 170-296A-7200 Feeding solid food to infants. (1) The licensee must consult with and have approval from an infant's parent or guardian before introducing solid food to the infant.</p> <p>(2) When serving infants solid food the licensee or staff must:</p> <p>(a) Sit the infant in a semi-reclining Hold the infant or place in a high chair or upright sitting position;</p> <p>(b) Not allow infants to share the same dish or utensil;</p> <p>(c) Stir and test for safe temperature after heating food and before serving;</p> <p>(d) Throw away any uneaten food from the serving container;</p> <p>(e) Serve solid food by utensil or let the child feed themselves; and</p> <p>(f) Feed the infant on demand unless the parent or guardian gives written instructions for an alternative feeding schedule. based on child's feeding cues of hunger and fullness. Infants are fed when hungry (hunger cues) and are allowed to stop feeding when they show signs of fullness (satiety cues).</p> <p>(3) Egg whites and honey are not served to infants less than one year old.</p> <p>(4) Foods that are served do not pose a risk of choking, such as nuts, raw vegetables, hotdogs, grapes.</p> <p>Recommend inclusion of Center WAC guideline 170-295-4020 <u>How do I Meet the Nutritional Needs of the Infants in My Care?</u></p>	<p>Life Threatening:</p> <ul style="list-style-type: none"> • Choking Hazard to allow infant to sit in semi reclining position. • Egg whites, honey and choking hazards potentially life threatening. <p>Cost: None</p> <p>Regulation Considerations: Observation and Inquiry during site visit.</p> <p>WAC Alignment: Center WAC 170-295-4020 does include <u>How do I Meet the Nutritional Needs of the Infants in My Care</u> table.</p> <p><i>Center WACs should be revised to include Caring for our Children standards. Please review attachment "Infant Feeding Chart".</i></p>

<p>WAC 170-296A-7225 High chairs. (1) If the licensee uses high chairs in the child care, each high chair must:</p> <ul style="list-style-type: none"> (a) Have a base that is wider than the seat; (b) Have a safety device that prevents the child from climbing or sliding down the chair; (c) Be free of cracks and tears; and (d) Have a washable surface. <p>(2) When a child is seated in a high chair, the chair's safety device must be used to secure the child.</p> <p>(3) The licensee or staff must clean and sanitize high chairs after each use.</p> <ul style="list-style-type: none"> (a) If a bleach solution is used to sanitize, the solution must be one-quarter teaspoon of bleach to one quart of cool water. (b) If another sanitizer product is used, it must be used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry. 	<p>WAC 170-296A-7225 High chairs. (1) If the licensee uses high chairs in the child care, each high chair must:</p> <ul style="list-style-type: none"> (a) Have a base that is wider than the seat; (b) Have a safety device that prevents the child from climbing or sliding down the chair; (c) Be free of cracks and tears; and (d) Have a washable surface. <p>(2) When a child is seated in a high chair, the chair's safety device must be used to secure the child.</p> <p>(3) The licensee or staff must clean and sanitize high chairs after each use.</p> <ul style="list-style-type: none"> (a) If a bleach solution is used to sanitize, the solution must be one tablespoon of bleach to gallon of cool water. (b) If another sanitizer product is used, it must be approved by the Department of Early Learning and used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry. 	<p>Life Threatening</p> <p>Cost: None</p> <p>Regulation Considerations: Bleach bottles should be labeled. Licensor can also test bleach solution with bleach test strip.</p> <p>Additional Information:</p> <p><u>Sanitizer</u></p> <p>For food contact surface sanitizing (dishes, utensils, cutting boards, high chair trays), toys that children may place in their mouths, and pacifiers.</p> <p>1 tablespoon of bleach + 1 gallon of cool water</p> <p>Let stand for 2 minutes or air dry.</p> <p>Caring for our Children 3rd Edition</p>
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Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7250 Diapering and toileting. (1) The licensee must provide a diaper changing area that is separate from any area where food is stored, prepared or served.</p> <p>(2) The diaper changing area must:</p> <p>(a) Have a sink with hot and cold running water close to the diaper changing area. The sink must not be used for food preparation and clean up; (b) Have a sturdy, easily cleanable mat with a surface large enough to prevent the area underneath from being contaminated with bodily fluids; and</p> <p>(c) Be cleaned and sanitized between each use:</p> <p>(i) If a bleach solution is used to sanitize, the solution must be one tablespoon of bleach to one quart of cool water;</p> <p>(ii) If another sanitizer product is used, it must be used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry.</p> <p>(3) A nonabsorbent, disposable covering that is discarded after each use may be used on the diaper changing mat.</p>	<p>WAC 170-296A-7250 Diapering and toileting. (1) The licensee must provide a diaper changing area that is separate from any area where food is stored, prepared or served.</p> <p>(2) The diaper changing area must:</p> <p>(a) Have a sink with hot and cold running water else adjacent to the diaper changing area. The sink must not be used for food preparation and clean up;</p> <p>(b) Have a sturdy, an intact (not torn or repaired with tape), easily cleanable mat that is moisture-impervious and is with a surface large enough to prevent the area underneath from being contaminated with bodily fluids; and</p> <p>(c) Be cleaned and sanitized between each use:</p> <p>(i) If a bleach solution is used to sanitize, the solution must be one tablespoon of bleach to one quart of cool water;</p> <p>(ii) If another sanitizer product is used, it must be approved by the Dept. and used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry.</p> <p>(3) A nonabsorbent, disposable covering that is discarded after each use may be used on the diaper changing mat.</p> <p>(4) Diaper changing area is used only for diapering and is free of all other items such as toys, pacifiers, food utensils, etc.</p> <p>(5) DOH Recommended Steps for Changing Diapers is posted in the area.</p>	<p>Life Threatening: Yes, if the child acquires a potentially lethal communicable disease. The recommendations promote the prevention of the spread of enteric diseases which, for an infant, could be life threatening.</p> <p>Cost: If the licensee does not have a sink adjacent to the diaper table, there could be cost associated with re-configuring their child care space and/or replacing a torn changing mat.</p> <p>Regulation Considerations: Observation during visit</p> <p>WAC Alignment: 170-295-4120</p> <p>What must I do to be sure that diaper changing is safe and does not spread infections?(a) Have a washable, moisture resistant diaper-changing surface that is cleaned and sanitized between children; (b) Be a table or counter with a protective barrier on all sides that is at least three and one-half inches higher than the surface that the child lays on; (c) Have a garbage can with a lid, plastic liner, and method for disposing of hand drying supplies so that a garbage can lid does not have to be opened with hands; (d) Be on moisture impervious and washable flooring that extends at least two feet surrounding the diaper changing and handwashing area; and (e) Be directly adjacent to a sink used for handwashing supplied with: (i) Warm running water (between 85 degrees Fahrenheit and 120 degrees Fahrenheit); (ii) Soap; and (iii) A sanitary method for drying hands (single-use towels). 2) You must have the diaper changing procedure posted and must follow the steps included. (3) You must not leave the child unattended during the diaper change. (4) You must not use the safety belts on diaper changing tables because they are neither cleanable nor safe. (5) You must not place anything on the diaper-changing table, counter or sink except the child, changing pad and diaper changing supplies. (6) Disposable diapers must be: (a) Placed into a covered, plastic-lined, hands free covered container; (b) Removed from the facility and the liner changed at least daily and more often if odor is present; and (c) Disposed of according to local disposal requirements. (7) Reusable diapers must be: a) Individually bagged and placed without rinsing into a separate, cleanable, covered container equipped with a waterproof liner before transporting to the laundry, given to the commercial service or returned to parents for laundry; and (b) Removed from the facility daily or more often if odor is present.</p> <p>(continued next page)</p>

Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7275 Diaper disposal. (1) The licensee must provide a container specifically for diaper disposal that is not used for other household trash. The diaper disposal container must:</p> <p>(a) Have a tight cover;</p> <p>(b) Be lined with a disposable plastic trash bag; and</p> <p>(c) Be within arm's reach of the diaper changing area.</p> <p>(2) If disposable diapers are used, the diaper disposal container must be emptied to the outside garbage can or container daily.</p> <p>(3) If cloth diapers are used, the diapers must be:</p> <p>(a) Kept in the diaper disposal container until picked up by the diaper service; or</p> <p>(b) Placed in a securely closed plastic bag and sent home with the child daily.</p>	<p>WAC 170-296A-7275 Diaper disposal. (1) The licensee must provide a container specifically for diaper and diapering supplies disposal that is not used for other household trash. The diaper disposal container must:</p> <p>(a) Have a tight cover Be hands free and covered;</p> <p>(b) Be lined with a disposable plastic trash bag; and</p> <p>(c) Be within arm's reach of the diaper changing area.</p> <p>(2) If disposable diapers are used, the diaper disposal container must be emptied to the outside garbage can or container daily.</p> <p>(3) If cloth diapers are used, the soiled diapers and contents must be placed in plastic bag or container without emptying or rinsing;</p> <p>(a) Kept in the diaper disposal container until picked up by the diaper service; or</p> <p>(b) Placed in a securely closed plastic bag and sent home with the child daily.</p> <p>Recommendation for organization & Clarity: Combine WAC 170-296A-7250 diapering and Toileting and WAC 170-296A-7275 Diaper Disposal and WAC 170-296-7300 Diaper Changing</p>	<p>Additional Information: <u>Disinfectant</u></p> <p>For use on non-porous surfaces such as diaper change tables, counter tops, door & cabinet handles, toilets.</p> <p>½- ¾ cup of bleach + 1 gallon of cool water (or 1 to 3 tablespoons of bleach + 1 quart of cool water)</p> <p>applied as a spray or poured fresh solution, not by dipping into a container with a cloth that has been in contact with a contaminated surface</p> <p>Let stand for 2 minutes or air dry.</p> <p>Caring for our Children 3rd Edition</p>

Proposed WAC	Recommendation	Support
<p>Proposed WAC WAC 170-296A-7300 Diaper changing. (1) The licensee or staff must: (a) Check diapers at least every two hours; (b) Change the diaper when necessary, or whenever the child indicates discomfort; (c) Attend to the child at all times when diapering a child; (d) Not rinse soiled diapers; and (e) Place soiled diapers directly into a diaper waste container. (2) Diapers used must be: (a) Disposable; or (b) Cloth diapers supplied by a commercial diaper service; or (c) Reusable cloth diapers supplied by the child's family. (3) When cloth diapers are used a washable barrier must be used between the diaper and the child's clothes. (4) The licensee or staff must wash their hands and the child's hands immediately after diapering a child.</p>	<p>Recommendations: WAC 170-296A-7300 Diaper changing. (c) Reusable cloth diapers supplied by the child's family. (3) When cloth diapers are used a washable, waterproof barrier must be used between the diaper and the child's clothes.</p>	<p>Support: Life Threatening: If a non-waterproof diaper cover is used for a child with cloth diapers, the potential of spreading germs around the child care would be present. This could lead to the potential for communicable disease exposure. Cost: None to the child care. The parent would need to purchase waterproof barriers. Regulation Considerations: Observation and inquiry during site visit. WAC Alignment: Center WAC170-295-4120 What must I do to be sure that diaper changing is safe and does not spread infections? (a) Have a washable, moisture resistant diaper-changing surface that is cleaned and sanitized between children;</p>

Proposed WAC	Recommendation	Support
<p>WAC 170-296A-7375 Potty chairs or modified toilet seats. (1) When potty chairs are used, the licensee or staff must immediately after each use:</p> <p>(a) Empty the potty chair into the toilet; and</p> <p>(b) Clean and sanitize the potty chair.</p> <p>(2) The floor under the potty chairs must be made of a material that is resistant to moisture.</p> <p>(3) When a modified toilet seat is used, it must be cleaned and sanitized daily or more often when soiled.</p> <p>(4)(a) If a bleach solution is used to sanitize, the solution must be one tablespoon of bleach to one quart of cool water;</p> <p>(b) If another sanitizer product is used, it must be used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry.</p>	<p>WAC 170-296A-7375 Potty chairs or modified toilet seats.</p> <p>(1) When potty chairs are used, the licensee or staff must immediately after each use:</p> <p>(a) Empty the potty chair into the toilet; and</p> <p>(b) Clean and sanitize the potty chair.</p> <p>(c) Clean and sanitize the sink used for cleaning potty chair.</p> <p>(2) The floor under the potty chairs must be made of a material that is resistant to moisture.</p> <p>(3) When a modified toilet seat is used, it must be cleaned and sanitized daily or more often when soiled.</p> <p>(4) If a bleach solution is used to sanitize, the solution must be ½- ¾ cup of bleach + 1 gallon of cool water (or 1 to 3 tablespoons of bleach + 1 quart of cool water)</p> <p>(b) If another sanitizer product is used, it must be approved by the Department of Early Learning and used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, and adequate time to allow the product to dry.</p>	<p>Life Threatening Potty chairs and the environment in which they sit and are cleaned present a huge challenge to containing germs. If not handled properly, they can be a source of communicable disease, which can be life threatening.</p> <p>Cost: None</p> <p>Regulation Considerations: Observation and inquiry upon site visit</p> <p>WAC Alignment: 170-295-4090</p> <p>Can I use potty-chairs for toilet training? You may use potty-chairs that are:</p> <ol style="list-style-type: none"> (1) Located in the toilet room or similar area that meets the requirements of WAC 170-295-5100 designed for toileting; (2) On a floor that is moisture resistant and washable; (3) Immediately emptied into a toilet; and (4) Cleaned in a designated sink or utility sink separate from classrooms and sanitized after each use. <p>The sink must also be cleaned and sanitized after cleaning potty-chairs.</p> <p>Additional Information: <u>Disinfectant</u> For use on non-porous surfaces such as diaper change tables, counter tops, door & cabinet handles, toilets.</p> <p>½- ¾ cup of bleach + 1 gallon of cool water (or 1 to 3 tablespoons of bleach + 1 quart of cool water) applied as a spray or poured fresh solution, not by dipping into a container with a cloth that has been in contact with a contaminated surface</p> <p>Let stand for 2 minutes or air dry.</p> <p>Caring for our Children 3rd Edition</p>