



PA Position Statements for the ITERS-R

These position statements are the result of the need to consider the impact of Pennsylvania Department of Human Services (DHS) Certification Regulations and other Pennsylvania program specific expectations on the scoring of the items in the ITERS-R scale. In the case of each statement, input from multiple sources including the ITERS-R scale authors, DHS Certification, OCDEL and other experts were considered in the creation of the statement.

General PA Position Statement:

The ITERS-R will be the assessment tool in classrooms where the majority of the children are infants, young toddlers and/or older toddlers (birth through 36 months). All classrooms operated by the facility, including those not certified under DHS or dually certified (such as, but not limited to, Department of Education, Federal Head Start, Early Head Start and Nursery school classrooms) are considered for an ERS assessment. In classrooms of mixed ages, the assessment tool will be determined by the age level that represents the highest number of enrolled children in the group: Infant/toddler; Preschool; or School-age.

ITERS-R may also be used in:

- *Group day care homes which are not located in a residence and only serve children Birth-36 months*
- *Group day care homes which are not located in a residence, physically separate children into age-based groupings (i.e., separate classrooms) and children birth-36 months represent the highest number of enrolled children in the program.*

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Item	Indicator	Indicator Description	Position Statement	Supporting Guidance
<p>General PA Statement regarding Hand washing and use of hand sanitizers</p>			<p><u>General Statement regarding hand washing and use of hand sanitizers</u> Child and adult hand washing is required by regulation before meals and snacks, after toileting and diapering, and when visibly soiled. The use of a hand sanitizer is not a substitute for hand washing in these instances.</p> <p>Hand sanitizers may be used with children ages 24 months and older for hand washing unrelated to meals/snacks, toileting/diapering and when not visibly soiled (such as after blowing noses, before sensory play, and other times hand washing is expected in the environment rating scales). The program must follow the guidelines below:</p> <ul style="list-style-type: none"> • Read the label before using a hand sanitizer. If the instructions on the hand sanitizer prohibit its use for children, the hand sanitizer should not be in the facility. Also, note any age restrictions on the label and follow those restrictions. At all times, follow the directions on the product label. • The provider must obtain written parental permission for a child to use a hand sanitizer prior to permitting a child to use a hand sanitizer. The signed parental permission must be kept on file in the child’s record at the facility. • Hand sanitizers must be inaccessible to children when not in immediate use. • A staff person must be physically present with and supervising a child who is using a hand sanitizer. The staff person must remain with the child until the hand sanitizer has dried on the child’s hands. 	<p>ELS/KS-09 #39, issued 9/2009</p> <p>Caring for Our Children (CFOC)</p>

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			<ul style="list-style-type: none"> • The steps for using a hand sanitizer are as follows: <ol style="list-style-type: none"> 1. Apply an appropriate amount of the product to the palm of one hand (refer to the directions on the label of the hand sanitizer). 2. Rub hands together. 3. Rub the product over all surfaces of hands and fingers until hands are dry. 	
<p>#7 Meals and Snacks</p>	1.2	Addresses food that is served being of unacceptable nutritional value.	<p>Food served by program at meals/snacks must meet at least 50% of the meal/snack component requirements of CACFP or USDA.</p>	CACFP/USDA Guidelines
	1.3, 3.3, 5.3	Assesses basic sanitary procedures.	<p>Tables and high chair trays should be cleaned and sanitized before and after food service.</p> <p>All containers/spray bottles used for sanitizing must be inaccessible to children when not in use and labeled with the following:</p> <ul style="list-style-type: none"> • Name of the product • The products’ intended use (sanitizer or disinfectant) • Product EPA registration number • Dilution recipe • Contact time required to effectively sanitize • Other directions relevant to proper usage <p>Bleach/Water: It is no longer possible to provide a generic bleach recipe for sanitizing in early care and education programs. Use Environmental Protection Agency (EPA) registered bleach. Follow</p>	<p>PA DHS Certification Regulations PA Code §3270.66(a)</p> <p>CFOC STANDARD 4.9.0.9: Cleaning Food Areas and Equipment CFOC Appendix J “Selecting an Appropriate Sanitizer or Disinfectant” Definitions: <i>Sanitizer</i> is a product that reduces germs on inanimate surfaces to levels considered safe by public health codes or regulations. A sanitizer may be appropriate to use on food contact surfaces (dishes,</p>

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			<p>label instructions for use. When label instructions are not provided, use the following link to enter the EPA number of the product. https://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1</p> <p>These instructions may also be found in the online (updated version) of <i>Caring for Our Children</i>, 4th edition in Appendix J at https://nrckids.org/Files/Appendix/AppendixJ2020.pdf</p>	<p>utensils, cutting boards, high chair trays), toys that children may place in their mouths, and pacifiers.</p> <p>Commercial Products: Use an Environmental Protection Agency (EPA) registered product for sanitizing and disinfecting. Follow label instructions for use.</p>
	3.1	States that drinking water should be available or offered between meals/snacks to children who eat solid foods.	<p>Offering drinking water aids in digestion for children who are eating solid foods. The timing for introducing solid foods and children’s nutritional needs vary and this information will not be collected on individual children, therefore, the expectation of offering drinking water between meals/snacks will not be considered for children under 12 months of age.</p>	
	3.2	States that well-balanced meals and snacks are served.	<p>Food served by the program at meals/snacks must meet all components of CACFP or USDA.</p>	CACFP/USDA Guidelines
3.5	Expects that children’s allergies are posted, but this creates a confidentiality issue.	<p>In order to post medical/allergy information about children, staff must obtain written permission from the parent. If parents do not provide consent, staff is required to maintain this information in a more confidential manner: keeping a notebook with known allergy or medical information which all staff is required to check, posting in a manner that protects child confidentiality, etc.</p>		

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# 8 Nap	1.1	Considers rest equipment crowded whenever there is less than 36 inches of separation on four sides.	At least 24 inches of open space from other napping children or furniture/equipment is required on three sides of nap equipment. The expectation is for all children to be separated in this manner to prevent the spread of germs during sleep, to support visual supervision, and to ensure adequate space for access in case of an emergency. The ends of cribs are no longer accepted as a solid barrier.	PA DHS Certification Regulations PA Code 3270.106
	3.2	Considers rest equipment crowded whenever there is less than 36 inches of separation on four sides.	At least 36 inches of open space from other napping children or furniture/equipment is required on three sides of nap equipment. The expectation is for all children to be separated in this manner to prevent the spread of germs during sleep, to support visual supervision, and to ensure adequate space for access in case of an emergency. The ends of cribs are no longer accepted as a solid barrier.	PA DHS Certification Regulations PA Code §3270.106
	3.2	Expects healthful provisions for nap/rest but does not provide a cleaning schedule.	All nap bedding is cleaned weekly. Soiled bedding shall be cleaned before it is reused.	PA DHS Certification Regulations PA Code §3270.106
#9 Diapering/ toileting	1.1,3.1,5.1, 7.1	Assesses sanitary procedures.	<p>Diaper changing tables/ pads should be <u>disinfected</u> after each diaper change.</p> <p>All containers/spray bottles used for disinfecting must be inaccessible to children when not in use and labeled with the following:</p> <ul style="list-style-type: none"> Name of the product 	<p>PA DHS Certification Regulations PA Code §3270.66(a)</p> <p>CFOC STANDARD 3.2.1.4: Diaper Changing Procedure</p> <p>CFOC Appendix J</p>

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			<ul style="list-style-type: none"> • The products’ intended use (sanitizer or disinfectant) • Product EPA registration number • Dilution recipe • Contact time required to effectively disinfect • Other directions relevant to proper usage <p>Bleach/Water: It is no longer possible to provide a generic bleach recipe for disinfecting in early care and education programs. Use Environmental Protection Agency (EPA) registered bleach. Follow label instructions for use. When label instructions are not provided, use the following link to enter the EPA number of the product. https://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1</p> <p>These instructions may also be found in the online (updated version) of <i>Caring for Our Children</i>, 4th edition in Appendix J at https://nrckids.org/Files/Appendix/AppendixJ2020.pdf</p>	<p>“Selecting an Appropriate Sanitizer or Disinfectant” Definitions:</p> <p>Disinfectant is a product that destroys or inactivates germs on an inanimate object. A disinfectant may be appropriate to use on non-porous surfaces such as diaper change tables, counter tops, door and cabinet handles, and toilets and other bathroom surfaces.</p> <p>Commercial Products: Use an Environmental Protection Agency (EPA) registered product for sanitizing and disinfecting. Follow label instructions for use.</p>
# 10 Health Practices	3.4	Expects that all medications are administered <i>properly</i> , but does not define the term.	Medications are to be administered as per PA DHS Certification regulations.	Medications are defined by the PA DHS Certification regulations and must be administered in accordance with PA child care certification regulations, specifically 3270.133.

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#11 Safety Practices	1.1 and 1.2	Assess the presence of safety hazards. The authors generally state that to score a one, the situation must be extreme and at least 4 hazards exist.	<p>1.1 and/or 1.2 will be scored “yes” if any of the following is observed:</p> <ul style="list-style-type: none"> • A minimum of 4 indoor or 4 outdoor safety hazards • A safety hazard exists that is also a certification violation • Any product or material labeled, “Keep out of reach of children,” is not stored in locked areas or containers, including medicines and cleaning materials. <p>Spaces for gross motor play are expected to be safe. Scoring is based on the ERS authors’ Playground Guidelines.</p> <p>For poured or installed foam or rubber surfaces, the materials must meet the ASTM F1292 requirements, which can be verified through a written statement from the manufacturer.</p>	<p>PA DHS Certification Regulations PA Code §3270.21</p> <p>www.ersi.info (Playground Guidelines in the Supplementary Materials list for the ITERS-R tool)</p>
#16 Active Physical Play	1.1, 1.2, 3.3, and 5.5 3.2 and 5.1	<p>Expects that the appropriate outdoor and indoor space and/or equipment/materials must be safe for infants and toddlers.</p> <p>Expects outdoor play and references the terminology “except in very bad weather.”</p>	<p>Spaces for gross motor play are expected to be safe. Scoring is based on the ERS authors’ Playground Guidelines.</p> <p>For poured or installed foam or rubber surfaces, the materials must meet the ASTM F1292 requirements, which can be verified through a written statement from the manufacturer.</p> <p>Children are expected to go outside when the forecast temperature/wind chill are above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.</p>	<p>www.ersi.info (Playground Guidelines in the Supplementary Materials list for the ITERS-R tool)</p> <p>This term is also referenced in PA DHS Certification regulations for centers and group day care homes. It relates to children’s opportunities to engage in outside play and activities. However, there is no definition in PA DHS Certification regulations of</p>

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				<p>what constitutes weather permitting. Caring for Our Children Standards state that children should play outdoors unless weather poses a significant risk and includes wind chill at or below 15 degrees, heat index above 90 degrees and/or an air quality alerts exist.</p>
#17 Art	1.2, 3.2	Expects that toxic or unsafe materials are not used.	<p>Toxic or unsafe art materials, including but not limited to: choking hazards, materials with use and/or age restrictions, and materials labeled “Keep out of the reach of children,” shall not be used with infants and toddlers regardless of the level of adult supervision.</p>	<p>The following Certification regulations override the Authors’ notes that materials labeled “Not recommended for children under three” may be used under strict supervision.</p> <p>3270.21: Conditions at the facility may not pose a threat to the health or safety of the children.</p> <p>3270.101(a), states: Play equipment and materials appropriate to the developmental needs, individual interests and <u>ages of the children shall</u></p>

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				<p>be provided in sufficient amount and variety to preclude long waits for use</p> <p>3270.103 states: Toys and objects with a diameter of less than 1 inch, objects with removable parts that have a diameter of less than 1 inch, plastic bags and Styrofoam objects may not be accessible to children who are still placing objects in their mouths.</p>
#22 Nature/science	5.1	Expects outdoor experiences with nature at least two times a week year round “weather permitting.”	Children are expected to go outside when the forecast temperature/wind chill are above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.	This term is also referenced in PA DHS Certification regulations for centers and group day care homes. It relates to children’s opportunities to engage in outside play and activities. However, there is no definition in PA DHS Certification regulations of what constitutes weather permitting. Caring for Our Children Standards state that children should play

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				outdoors unless weather poses a significant risk and includes wind chill at or below 15 degrees, heat index above 90 degrees and/or an air quality alerts exist.
#25 Supervision of play and learning	1.1	Assesses the adequacy of supervision indoors <i>and</i> outdoors.	Classrooms not regulated by DHS or dually certified (such as, but not limited to, Department of Education, Federal Head Start, and Nursery school classrooms) are expected to maintain the staff:child ratio required by their regulatory/certifying body. All classrooms regulated by DHS are expected to meet DHS ratios and be in compliance with DHS requirements for child supervision.	
#29 Schedule	5.2	Expects outdoor activities daily “weather permitting.”	Children are expected to go outside when the forecast temperature/wind chill are above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.	This term is also referenced in PA DHS Certification regulations for centers and group day care homes. It relates to children’s opportunities to engage in outside play and activities. However, there is no definition in PA DHS Certification regulations of what constitutes weather permitting. Caring for Our Children Standards state that children should play outdoors unless weather poses a significant risk and

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#30 Free play	3.1 and 5.1	Expects outdoor free play daily “weather permitting”	Children are expected to go outside when the forecast temperature/wind chill are above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.	includes wind chill at or below 15 degrees, heat index above 90 degrees and/or an air quality alerts exist. This term is also referenced in PA DHS Certification regulations for centers and group day care homes. It relates to children’s opportunities to engage in outside play and activities. However, there is no definition in PA DHS Certification regulations of what constitutes weather permitting. Caring for Our Children Standards state that children should play outdoors unless weather poses a significant risk and includes wind chill at or below 15 degrees, heat index above 90 degrees and/or an air quality alerts exist.
#35 Provisions for professional needs of staff	3.1	Expects that staff have convenient access to a phone.	Private cell phones of staff cannot be considered as meeting the expectations of these indicators.	

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#39 Opportunities for professional growth	5.1	Expects thorough new staff orientation.	To score “yes”, the orientation must be in accordance with the Keystone STARS Standards for Keystone STARS orientation at STAR 2, Staff Qualifications.	Keystone STARS standards SQ.2.1



Changing Diapers, Pull-ups and Soiled Underwear

The following guidelines are for use in child care centers, group homes and family day care homes where diapering and toilet training occurs. The ERS Authors, *Caring for Our Children 3rd Edition Standards*, DHS Certification Regulations and ECELS guidance were used in the creation of this document.

Soiled/Wet Diapers*	Soiled/Wet Pull-ups and Underwear*
1. Adult washes their hands. (Only if prior to changing the diaper, pull up or underwear it is “checked” by reaching into it to see if a change is needed)	
2. Gather all supplies for the diaper change and place on or near the changing surface above the child’s head. (Enough wipes for the process removed from container, clean diaper, a plastic for soiled clothing, and clean clothes if needed) <u>If used</u>: disposable gloves, dab of diaper cream on disposable towel, changing table paper (enough to reach from child’s shoulders to their feet)	2. Gather supplies for the change process and place on or near the changing surface outside the contaminated area. (Enough wipes for the process removed from container, clean pull up or underwear, clean clothes and a plastic bag for soiled clothing if needed) <u>If used</u>: Paper liner (large enough to stand on and fold over if needed), disposable gloves
3. Place the child on the changing table and remove clothing to access diaper keeping the clothing out of the contaminated area. Never leave the child unattended on a changing table or countertop. If clothing is soiled place in a plastic bag to send home.	3. Consider whether to change the child lying down or standing up. (If child will be changed lying down follow the procedure for diapers)
4. Unfasten diaper leaving it under the child.	4. If using paper liner, have child stand on paper.
5. Use wipes to clean child’s bottom from front to back and place inside the soiled diaper or directly into a lined, hands-free covered trash can. Use each wipe for only one swipe.	5. To avoid contamination of clean shoes, socks and clothing, remove unsoiled clothing and set aside. (If the child’s shirt is clean have them hold their shirt up above their waist.)
6. Fold the soiled surface of the diaper inward over the used wipes and place the bundle in the trash can. If gloves were used discard them at this time into the same trash can.	6. Remove soiled clothing and place in a plastic bag to send home. If a pull-up was used, remove by pulling the sides apart and discard it in a lined, hands-free covered trash can. If underwear was used remove from the child doing your best to avoid contamination of surfaces and place with clothes in the bag.
7. Use a wipe to remove soil from your hands and throw it in the trash can. Use another wipe to remove soil from the child’s hands and throw it in the trash can.	7. If paper liner was used check for soil around the child and fold paper over if needed so there is a clean surface to stand on.
8. If paper liner was used, check for soil under the child and fold paper up from the child’s feet to cover the area and create a clean surface under child’s bottom.	8. Clean the child’s skin around their pull-up/underwear area, wiping from front to back using each wipe for only one swipe. Place each used wipes in the trash can. If gloves were used discard them at this time in the trash can.
9. Put on the clean diaper and diaper cream if needed and redress the child.	9. Use a wipe to remove soil from your hands and throw it in the trash can. Use another wipe to remove soil from the child’s hands and throw it in the trash can.
10. Wash the child’s hands and return them to the group without touching other surfaces. Store bagged, soiled clothing for parents in an area inaccessible to children.	10. Assist the child, in putting on a clean pull-up or underwear and getting redressed. Supervise the washing of the child’s hands and their return to the group without touching other surfaces.
11. Dispose of paper liner in trash can if used. Clean visible soil from changing table and disinfect the surface with bleach/water solution or an EPA approved product according to directions.	11. Store bagged, soiled clothing for parents in an area inaccessible to children. Dispose of paper liner in trash can if used. Clean visible soil from changing area and disinfect the surface with bleach/water or an EPA approved product according to directions.
12. Adult washes hands. Record the change in the child’s log.	12. Adult washes hands. Record the change in the child’s log.
Hand Washing Procedure:	
1. Moisten hands with water and use liquid soap	4. Leaving water running, dry hands with a clean paper towel or an air blower
2. Rub hands together away from water for 20 seconds	5. Turn off faucet using paper towel and throw the used paper towel into a hands-free trash can.
3. Rinse hands free of soap under running water	

*Note: All changes must be completed on a surface that can be disinfected after use. Because changing a child from the floor level or on a chair puts the adult in an awkward position and increases the risk of contamination it is recommended that a changing table be used when possible. (CFOC, 4th Edition).