Promoting Health and Hygiene

Nappy Changing and Toilet Policy

Policy Statement

No child is excluded from participating in our setting who may, for any reason, not yet be toilet trained and who may still be wearing nappies or equivalent. We work closely with parents and carers towards toilet training, unless there are medical or developmental reasons why this may not be appropriate at the time.

Our approach promotes good hygiene, supports children's emotional wellbeing, and upholds their dignity and privacy at all times, in line with the **EYFS (2024/2025)** and our **Safeguarding and Child Protection Policy**.

Procedures

- A **daily nappy changing rota** is in place. Staff are responsible for changing nappies and supporting toilet training in a caring and consistent manner. Where possible, the child's **key person** will carry out the change to promote trust and security.
- Each child should have their own **nappies, pull–ups, wipes, and spare clothes** provided by parents/carers and kept in their individual bag.
- Before changing, staff **wash their hands**, put on **disposable gloves** and **prepare the area**. After each change, the **changing surface is cleaned** with antibacterial spray and disinfected.
- All staff are trained in and follow the setting's **hygiene procedures** and **infection control policy**.
- Nappy changing is treated as a **positive, relaxed experience** that promotes independence and personal care skills.
- Children are **encouraged to take an interest** in using the toilet, even if just sitting and chatting with a friend who is also using the toilet, to develop familiarity and confidence.
- Children are encouraged to **wash their hands** after toileting or changing, with soap and paper towels readily available. They are given time to explore water play as part of developing independence and understanding of hygiene.
- Staff are **always gentle and respectful at all times**, avoiding negative facial expressions or comments about nappy contents.

- During nappy changes, staff ensure their **position allows visibility** to other staff members. The child must always be within sight or sound of another adult to promote safety and safeguarding transparency.
- A **nappy changing record** is completed after each change, noting the time, staff member, and any relevant observations (e.g. rash, discomfort).
  Where appropriate, this information is also shared in the child's **daily communication book**.
- **Mobile phones and cameras** are not permitted in or near the changing area under any circumstances.

Safeguarding and Privacy

- Nappy changing areas are **discreet but observable**, supporting children's privacy while maintaining appropriate safeguarding supervision.
- Any **marks, bruises, or concerns** noticed during changing must be recorded and reported immediately in line with the setting's **Safeguarding Policy**.
- Only staff members who have completed an **enhanced DBS check** and received **safeguarding and hygiene training** may change nappies.

Signed: _____
Position: _____
Date: _____
Review Date: _____

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Stacey Humphrey (Pre School manager)
Updated October 2025