

Nappy Changing and toilet training policy

Parents will need to provide us with nappies, baby wipes and any creams they may use when changing baby/child. These need to be clearly labeled with a child's name. We will provide a changing mat, which will be wiped over with disinfectant between each user and nappy sacks for the disposal of used nappies. We wear disposable gloves and aprons when changing nappies. We have a 'duty of care' towards children's personal needs. If children are left in wet or soiled nappies/pull ups in the setting this may constitute neglect and will be a disciplinary matter.

Nappy changes will commence at regular intervals (2-3 hours) and immediately if there is a soiled nappy. Changing a nappy provides lots of opportunity to communicate with baby/child and as their understanding grows it provides time to discuss basic hygiene issues, preparing them for potty training. All nappies changed will be recorded via the app and all parents will have a dairy sent out to them at the end of their child's session with information on what times nappies were changed and if clean, wet, soiled or both.

Toilet training:

Our staff will work in partnership with parents and carers when you wish to start potty training your child. Each child is different and cannot be hurried into potty training before they are ready. Many children will show strong signs that they are ready for potty training before the age of 3 years old. The bladder capacity increases significantly between the ages of 2 and 3 years, so that by the time they are 3 most children can hold on and stay dry for longer periods of time. Though some may be slightly earlier, and some take longer, each child is individual.

The process of potty training must begin at home. We can always start off by putting your child on the potty/toilet at regular times of the day and at nappy changing time then progress from there. We would require your child to wear either pull ups until they can ask to use the toilet before they require it and can control their bladder / bowels a few moments. Normal pants can only be used here on their own once your child has demonstrated full bladder and bowel control and asking for the toile. We urge parents to not use pull ups unless your child is actively being potty trained.

Whilst potty training children really need to wear suitable clothing e.g., easy to pull up and down, no dungarees or baby grows with poppers underneath.

During potty training in normal pants, it would be great if you could supply at least 3 extra full changes of clothing, including socks. Soiled clothes will be returned in a plastic bag at the end of the day.

Signs your child may be ready for potty training include:

- I can do it becomes a regular refrain- showing that your toddler wants to become more independent.
- They have regular, formed bowel movements- may go red in the face and gain a very concentrated expression when about to go.
- Have the understanding to pull their own pants up and down.
- Is interested when you go to the toilet yourself.
- Is dry for longer periods of time, up to three or four hours. This shows that their bladder capacity and control are improving.
- Can understand simple instructions.
- Has started to recognise the sensations that they need to go to the toilet and demonstrates this either verbally or by holding themselves or grunting.
- May complain about a dirty nappy.
- Has started to rip off nappy when it has wee in it.

Any accidents will be dealt with calmly and not to blame or discipline the child into thinking they have done something wrong. Praise will be used when a potty / toilet has been used. It is not advisable to start potty training when there are any major changes in the child's life going on at the same time.

If after a couple of weeks, it is obvious the child is not ready, then it may be advisable to stop the process and re-try in a couple of months' time. We will discuss the individual requirements for your child when the time arrives.

Intimate care and Nappy changing policy

Intimate care routines are essential throughout the day to meet children's basic needs. This may include nappy changing, supporting children with toileting, changing clothes, and giving first aid treatment and specialist medical support, where required. To maintain the child's privacy, we will carry out most of these actions on a one-to-one basis, wherever possible, by the child's key person except for first aid treatment, which must be carried out by a qualified first aider.

We wish to ensure the safety and welfare of children during intimate care routines and safeguard them against any potential harm as well as ensuring the staff member involved is fully supported and able to perform their duties safely and confidently. This will be done by:

- Building relationships through the key person system in the nursery and ensuring all parents understand how this works.
- Ensuring all staff undertaking intimate care routines have suitable enhanced DBS checks.
- Training all staff in the appropriate methods for intimate care routines and arranging specialist training where required, i.e., first aid training.
- Provide a nappy changing area that is warm, with a safe area to lay children and no bright lights shining down in their eyes.
- Separate toilet area with small toilets, potties and sinks at child's height.
- Conducting regular risk assessments on all aspects of the nursery, including intimate care, and reviewing the safeguards in place.

Toileting Procedures

- We will encourage children to take an interest in using the toilet; they may just want to sit on it and talk to a friend who is also using the toilet.
- We will encourage children to wash their hands and have soap and towels to hand. They should be allowed time for some play as they explore the water and the soap.
- Older children access the toilet when they have the need to and are encouraged to be independent.

Policy reviewed by: Sumaya Ahmed (Manager)

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Next review: October 2024