

Nappy Changing Policy



Policy Statement

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

AIMS

This policy sets out the clear principles and guidance for nappy changing at Balham Nursery School. This policy has been put together in conjunction with staff, parents, governors and most importantly, our children.

Toilet Training

We see toilet training as a self-care skill that children have the opportunity to learn with the full support and non-judgemental concern of adults.

Child K tells a nearby adult, “I’m wet,” whilst tapping the front of her nappy.

As children become more aware of changes to their body, they will show signs of being ready to move from nappies to using the potty or toilet. We will look at the individual needs and stages of development of each child and will not make assumptions based on their age as to when the potty or toilet will be introduced. We know that toilet training can make parents feel anxious; please talk to the staff at nursery if you would like some advice or reassurance.

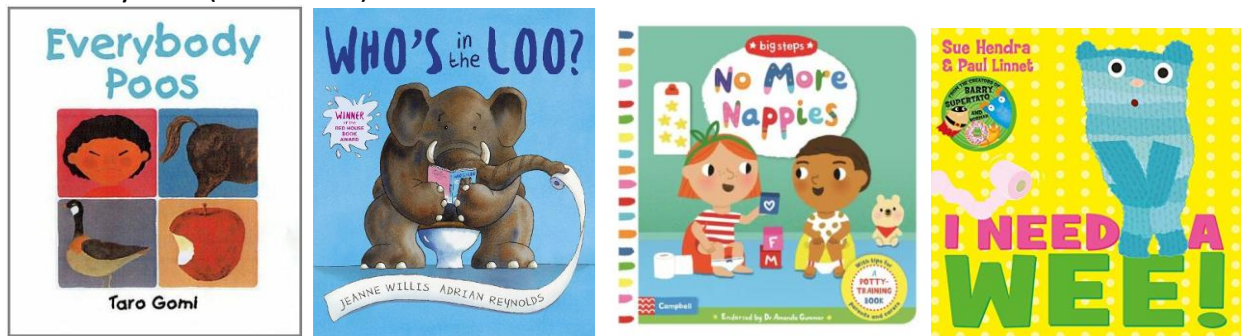
When a child is ready to move away from using nappies, they may show some of the following signs:

- They know when they have got a wet or dirty nappy
- they get to know when they are peeing and may tell you they are doing it
- the gap between wetting is at least an hour
- they show they need to pee by fidgeting or going somewhere quiet or hidden
- they know when they need to pee and may say so in advance

Potty training is fastest if you start it when the child is at the last stage.

At Balham Nursery, young children are encouraged to take an interest in using the toilet. Staff support children’s awareness of their bodies and changing physical development by

using a range of resources to play with, e.g. Dolls, and potties in the home corner or stories at storytime (see below):



We understand children will present differently in terms of their confidence to use the toilet/potty and we will support them along this journey, however long this may be. Patience is very important, from both staff and parents.

Nappy Changing

Nappy changing involves interaction where a developing trust is built between the child and carer. At Balham Nursery, if possible, nappy changing will be done by a child's Key Person and if they are not available, a familiar member of their class team. We aim to change children at sensitive times, and consider interruptions to their play and the impact it may have on them.

Children are all unique and, as always, the voice of the child has deep importance. We take into account their preferences and views to make each experience a positive one.

"I don't like it on here can you do me standing up?" Child E asking their Key Person not to change them on the changing unit, **"I like standing up, it's so fast"** E.

Staff are gentle when changing; they avoid pulling faces and making negative comments about 'nappy contents' being dirty or inappropriate comments about young children's genitals when changing their nappies. Children often notice the difference between nappy changing routines at home and at nursery and staff will be sensitive in answering children's questions and discussing this:

"My Mummy doesn't have gloves," Child M.

Staff have a range of strategies to support children who may be reticent about having their nappy changed. Staff all use visual symbols or objects to support children's understanding about when it is time to have a nappy change or toilet check.

Nappy changing time is recognised amongst staff as a quality time for interactions – staff will often sing and chat to the child as they are being changed. Staff ensure that nappy changing is relaxed and a time to promote independence in young children.

Nappy changing times can be particularly challenging or frightening for children with sensory, communication or mobility needs and staff will endeavour to reduce stress by making adaptations as best they can to the routine or environment.

Locations

Changing facilities are located in the Front Class children's toilets and the Covered Way. When they are ready many children will begin to be changed standing up in the children's toilet cubicles.

The role of parents/carers

- Parents must supply nappies, wipes and spare clothes for their child.
- Parents should also supply nappy cream, if needed, and make sure it is clearly labelled.
- Parents should inform the nursery if their child has any soreness/rash.
- Parents/carers should communicate with staff about their child's signs of readiness for toilet training and let nursery staff know when they start training at home.

The role of school/staff

- Only members of staff with a DBS check will change children. The nursery employs staff through a 'Safer Recruitment' process to reduce risk to children.
- The school will ensure that all staff are familiar with the hygiene procedures and carry these out when changing nappies.
- We will make sure that there is a ready supply of nappy sacks, blue roll, hot running water, hand soap and cleaning equipment.
- We will ensure there is a supply of spare nappies, wipes and clothes in case a child has run out.
- Staff must inform a colleague that they are going to change a nappy.
- When changing children in the Covered Way – the stable door should remain half-open.
- Staff are to ensure that the changing procedure is followed as outlined below.
- Staff will involve children in the process of nappy changing, toileting and dressing and praise children for cooperating.
- Staff are to model good hygiene procedures and explain to children why it is important.
- If a child becomes particularly distressed during nappy changing then the staff member may need to re-evaluate how important it is to change the child taking into account how long it is until the child is due to be collected, how soiled the child is and the whereabouts of the parents.

“You know my Mum has to wear gloves but she didn't when she changed my nappy. It's making sure you don't spread any germs” Child N

The Protection of Children

Wandsworth Federation of Maintained Nursery School's policy and procedures will be adhered to at all times. If a member of staff has any concerns about physical changes in the child's appearance, i.e.:- marks, bruises, soreness etc. they will immediately report concerns to one of the Designated Safeguarding Lead's (DSL) for child protection: Jo Henley, Emma Williams or Bryanna Patterson

Nappy Changing Procedure

“You use big tissue for laying” Child A

“Remember to use gloves, nappies, wipes” Child S

- Get ready – either collect the child's bag or ask them to if they are able to.
- Wash and dry your hands and put on new disposable gloves. Ensure a new apron and pair of gloves are worn for each child being changed.
- Wipe the changing mat before and after changing the child.
- Place blue roll over the changing mat.
- Staff will not lift children on to the changing facility but will encourage the child to use the steps provided, under the guidance and sight of staff.
- Never leave a child unattended on a raised changing unit.
- Clean the child appropriately and according to their needs.
- Remember to wash your hands.
- When the child has been changed, it is recorded on the nappy changing sheet and initialled by the teacher who has changed the child.
- Put the nappy in the nappy bin or take it straight out to the rubbish bin in the front garden.

“Wash your hands!” Child E

FURTHER ADVICE



Potty training advice from the NHS:

[How to potty train - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Potty training problems - NHS \(www.nhs.uk\)](http://www.nhs.uk)

NSPCC

The NSPCC provides child-friendly, practical and reassuring advice. Talking 'PANTS' helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

There is also a very catchy song! Follow the link below to read the advice and about how you can answer any questions, your child may have:

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

[PANTS: How to answer questions from your child | NSPCC](#)



Link to the Eric website: [Home - ERIC](#)

Further support about toilet training can be found on the 'Eric' website. ERIC is a national charity that is dedicated to improving children's bowel and bladder health. There is a free helpline for both parents and professional, see details below.



Free helpline: 0808 169 9949

Lines open Monday to Thursday, 10am – 2pm