

# Safeguarding and Welfare Requirement: Health

## Nappy changing

### Policy statement

We welcome all children, including those who are not yet toilet trained or who require nappies, pull-ups, or toileting support for medical, developmental, or additional needs. No child will ever be excluded or discriminated against based on continence or intimate care needs.

We view toilet training as a positive self-care milestone, supported sensitively, respectfully and in partnership with parents.

We ensure the highest standards of hygiene, dignity and safeguarding at all times.

### Key Principles

- Children's privacy, dignity and emotional wellbeing are prioritised at all times.
- Intimate care is carried out in a safe, professional and respectful manner.
- Children are supported according to age, stage of development, SEND needs and parental preferences.
- Staff follow all safer working practice expectations, including appropriate supervision and clear boundaries.
- Children are never shamed or punished for toileting accidents, delayed toilet training, or sensory/medical needs.

### Procedures for Nappy Changing

#### Staffing & Safeguarding

- Key persons change their key children whenever needed; a backup key person steps in if the main key person is unavailable.
- Nappy changing is always carried out by DBS-checked staff who have completed safeguarding and hygiene training.
- Staff never leave a child unattended on a changing mat or in the changing area.
- The changing area is warm, clean, and designed to ensure safety and supervision while respecting children's privacy.

#### Preparation & Equipment

- Parents must supply nappies, wipes, creams (with permission), nappy sacks and spare clothes daily.
- A fresh paper towel or disposable liner is placed on the mat for each child.
- Aprons and gloves are always worn for soiled nappies.
- For wet nappies, gloves may be used based on risk assessment and staff preference; gloves and aprons are always available.
- Changing mats and surfaces are cleaned with approved cleaning products after every use.

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### **During the Nappy Change**

Staff must:

- Speak to children kindly and respectfully throughout.
- Maintain appropriate touch, boundaries and professionalism.
- Never make negative comments about nappies, toileting, smell, or the child's body.
- Support independence where appropriate (e.g., helping to undress, washing hands).

Nappy changing is used as a positive, calm care moment that supports relationship building and language development.

### **Hygiene & Disposal**

- Nappies and pull-ups are disposed of using lidded, hygienic waste systems.
- Solid waste is disposed of in the toilet before bagging the nappy or pull-up.
- Soiled or wet reusable nappies, trainer pants or clothing are double-bagged and returned to parents.
- Staff and children wash their hands thoroughly afterwards using liquid soap and warm running water.
- We do **not** use antibacterial soaps routinely with young children due to skin sensitivity and UKHSA guidance.

### **Toilet Training Procedures**

#### **Partnership with Parents**

- Toilet training begins when the child is developmentally ready and in consultation with parents/carers.
- Strategies are consistent between home and the setting.
- Parents are encouraged to supply pull-ups or trainer pants when children are ready.

#### **Promoting Independence**

We support children through:

- Encouraging them to sit on the toilet or potty if they wish.
- Allowing children time to explore the bathroom environment safely.
- Helping them learn to wipe, flush, dress and wash hands.
- Encouraging communication about toileting needs, without pressure.

Older or more independent children have free access to toilets with appropriate supervision.

#### **Intimate Care and Dignity**

- Staff follow our Intimate Care & Safer Practice procedures.
- No mobile phones or recording devices are permitted in the changing area.

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- Two staff remain *within sight or hearing of each other* in line with safeguarding expectations, though only one staff member completes the change unless risk assessed otherwise.
- Children's bodies are respected; unnecessary exposure is avoided.

### Additional Needs, SEND or Medical Toileting

We support children who:

- Have delayed continence
- Have medical needs or disabilities
- Require bespoke toileting plans

For such children, we complete a Toileting / Intimate Care Plan, which includes:

- Specific support needs
- Equipment requirements
- Step-by-step care procedures
- Staff training requirements
- Parent agreement and review dates

Specialist training or risk assessments may be required for medical procedures.

### Record Keeping

We maintain:

- Nappy/Intimate Care logs
- Accident/incident logs
- Records of creams/ointments administered (with parental consent)
- Toilet training plans as needed

Parents are informed of significant changes, repeated loose stools, concerns about rash, or patterns that may indicate illness.

### Duty of Care & Safeguarding

- Children must never remain in wet or soiled nappies or clothing for extended periods.
- Any concerns regarding neglect (e.g., persistent lack of supplies, nappy rash indicating lack of care at home) are handled in line with our Safeguarding & Child Protection Policy.
- Concerns are recorded and escalated to the Designated Safeguarding Lead.

### Staff Training

All staff receive training in:

- Infection control
- Intimate care procedures
- Safeguarding and safer working practice

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- Supporting SEND toileting needs
- Communication with children during intimate care

This ensures practice meets Ofsted 2025 expectations for high-quality, safe provision.