

Moat Farm Infant School

Toilet Training and Nappy Changing Policy

Toilet training is a very important milestone for each and every child. The child requires reassurance and guidance at every step to make sure that they are fully supported and encouraged during this stage of their development. It is equally important that we ensure effective partnership and communication with parents in order to give the child continuity between their home and school.

We ask that parents let us know as soon as they start to think about toilet training in order to maintain consistency. Toilet training is a shared job and it is important that your child gets the same messages at home and at school.

Communication is the key: Make sure that the nursery staff know what you are doing at home and we will do the same. It is important for all adults involved with the child – parents, nursery staff, grandparents, childminders, to follow the same toilet training plan. This will ensure the child knows what is happening and won't be confused.

Signs of toilet training readiness:

- Your child knows what "wee" and "poo" are.
- Your child's nappy is dry a couple of hours after his/her last nappy change indicating that he/she is getting some bladder control.
- Your child is aware when they are doing a 'wee' or 'poo'.
- Your child can tell you in advance that they need a 'wee' or 'poo'.
- Your child becomes uncomfortable and complains about dirty nappies.
- Your child can take off his own clothes and needs minimal help with it.

If the child has most of these skills, then they are probably ready to start toilet training.

Toilet Training at Nursery

The staff at Moat Farm Infant School are highly experienced in helping parents decide if their child is ready for toilet training. The toilets in the nursery are miniature children's toilets and welcoming to the children. Good hygiene practices are always followed at the nursery and the children are shown how to use the toilet and how to wash their hands each time. 'Accidents' will be dealt with calmly, sympathetically and in a way, which does not make the child feel they have done anything wrong. A home/school agreement will be set up to define the responsibilities of both school and parents.

- Children at the toilet training stage will be accompanied to the bathroom and supervised and supported whilst in there.
- If your child uses any special words to express their need for the toilet, staff will need to know what these words are.
- Reassurance and praise will be given at every step.
- If a child uses a potty, these will require immediate emptying and cleaned with an anti-bacterial spray.
- Children will need to be in 'real' pants, but they may wear a pull-up over the top of the pants in the early days.
- If any child is struggling with standard potty-training techniques, then this will be discussed between staff and the child's parents.
- Staff must be 17 or over and DBS Cleared to support the children with toileting or nappy changing.
- Staff will encourage the child to remove necessary clothing and to sit on the toilet themselves, if age appropriate.
- For a boy learning to wee in a toilet standing up, the staff member should never hold his penis. If for example the child was stood too far away to reach the toilet, they will be asked to move closer to the toilet.
- Boys will be encouraged to sit on the toilet every day to poo.
- Should a child have a toileting accident, they will be offered assistance or be changed by a member of staff. This will happen regardless of age, unless the parent has requested their child deals with such incidents personally.
- If age appropriate a child should be encouraged to clean their own bottom (most children of toileting age are able to clean themselves after

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a wee), however if help is required (e.g. some children may need help after a poo), staff will help the child to clean their bottom using toilet paper, taking care to wipe from front to the back area and taking special care of folds in the skin. In the event of a child requiring assistance, care should be given to respect the child's right to refuse help.

- Staff will encourage the child to replace their own clothes and flush the toilet.

Children will then be asked and supported to wash their hands with soap and water, and to dry them.

Children, whose parents and keyworker have agreed to start toilet training, will be prompted to go to the toilet every hour throughout the session.

Once a child is in pants we feel it is confusing and counter-productive to put him or her in nappies except for nap or overnight (as children's bodies may not be mature enough to wake up for the need to use the bathroom). Staff will praise children on their success each step of the way. If staff feel the child would benefit from a sticker chart then this will be discussed with parents/carers.

The Parents/Carers

- Agree to change the child at the latest possible time before coming to nursery.
- Provide spare pants, pull up nappies, wipes, nappy sacks and a few changes of clothing.
- Agree to dress the child in clothes which are easy for the child to pull up and down, avoiding tights or clothes with lots of fastens or belts.
- If your child is changed into spare nursery clothes, we would appreciate these clothes are washed and returned to us as soon as possible.
- Understand and agree to the procedures to be followed during changing at nursery.
- Agree to inform school should the child have any marks/rash.

- Agree to review arrangements, in discussion with the school, should this be necessary.

The School

- Agree to change the child should they become wet/soiled following agreed procedures.
- Inform you of your child's progress throughout the week.
- Report to parents/carers if the child becomes distressed or if any marks/rashes can be seen.
- Inform the Safeguarding Lead if marks/rashes are seen and staff have not been informed about them.
- Agree to review arrangements, in discussion with the parents/carers, should this be necessary.

Health and Safety

Moat Farm Infant School already have procedures in place for dealing with spillages of bodily fluids. The same precautions will apply for nappy changing.

- Staff to wear aprons and disposable gloves.
- Nappies to be disposed of appropriately.
- Hot water and soap available to wash hands after changing is done.
- Hot air dryer or paper towels available to dry hands.

Nappy changing procedures

One member of staff will bring the child to the changing area in the disabled toilet as this is where the changing table is. Staff will inform other adults in the nursery when they are taking a child to the changing area.

- Each child will have their own basket with their pants, cleaning wipes and nappy sacks.
- All staff are familiar with the hygiene procedures and carry these out when changing nappies.

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- Gloves and aprons are put on before changing starts and the areas are prepared.
- The changing mat is freshly sanitised after use for each child.
- Children will be encouraged to wash their hands with soap and dry them afterwards.
- Nappies and 'pull ups' are disposed of hygienically.
- Cloth nappies, trainer pants and ordinary pants that have been wet or soiled are bagged for the parent to take home.
- In addition, staff ensure that nappy changing is relaxed and a time to promote independence in young children.
- Children are encouraged to have good hygiene when having their nappy changed, so they will be asked to wash their hands after they have been changed.

Children with additional needs in school

Moat Farm Infant School recognises that some children with additional needs will have underdeveloped toilet training skills. In key stage 1 we provide a 'private' room with a changing bed where the child can be changed. School will determine the needs of the child and in some cases 2 members of staff will change the child at all times.

Getting help and support for toilet training

- Speak with your child's key worker in nursery
- Speak to your health visitor
- School can make a referral to the school nurse team
- Speak to your local children's Sure Start centre
- Look at or contact 'ERIC, the children's bowel and bladder charity'.
 - They provide lots of useful information on the website to support toilet training with all children.
 - www.eric.org.uk
 - 0845 370 8008

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