



**General Welfare Requirement: Safeguarding and Promoting Children's Welfare**

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

## **Promoting health and hygiene**

### **Nappy Changing and Personal Care 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 be wearing nappies or equivalent. We work with parents towards toilet training, unless there are medical or other developmental reasons why this may not be appropriate.

- Our bathroom is equipped for toilet training and nappy changing.
- 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.
- Staff need to protect children and themselves from infection and have a duty of care to ensure children are safe, clean and physically handled with care and sensitivity.
- Staff need to feel informed and confident about their responsibilities for personal care with regard to current guidance and legislation.

#### **Procedures**

We aim to meet the personal care needs of each child sensitively and with dignity. We will work with parents/carers to support children to become independent in their personal care.

Parents are encouraged to take their own children to the toilet during initial visits and at the start of the session. We believe that this helps the child to become comfortable, familiar and confident with the toilets. Parents may only help their own children in the toilets. Any other children in the toilets at the same time, even if they are independent users, must only be supervised by an adult with an enhanced police check.

- To the best extent possible only the child's key person will attend to his/her personal care.
- Staff are familiar with the hygiene procedures and carry these out when changing nappies or clothing.
- Only adults who have an enhanced DBS checks specifically for the setting, are authorised to take children to the toilet or be left with children at any time.
- Staff, parent/carer helpers and visiting adults only use the separate disabled toilet and not the children's toilets.
- Parents are encouraged to take their own children to the toilet during initial visits and at the start of the session. We believe that this helps the child to become comfortable, familiar and confident with the toilets. Parents may only help their

own children in the toilets. Any other children in the toilets at the same time, even if they are independent users, must only be supervised by an adult with an enhanced police check.

- Nappies will be checked during each session and dirty and wet nappies are changed as necessary.
- All soiled items are double wrapped and disposable gloves and aprons worn for nappy changing and dealing with accidents. Soiled nappies are disposed of daily in an outside bin.
- Nappies are changed in the toilet area
- The changing mat is disinfected after each use.
- All disposable items such as aprons and gloves are placed in the nappy bin after use.
- Fresh gloves and aprons are used for each individual child being attended to.
- Staff must wash their hands before and after changing nappies or soiled clothing and taking children to the toilet.

Children have access to the toilet area at all times and are free to use them independently. The area is checked regularly by staff. All children are taken to the toilets at scheduled times during their session (around meal times) and given regular reminders. Individual plans can be made for children beginning their toilet training.

- All children are taken to wash their hands before meals and encouraged to wash hands or use wipes after eating.
  - The setting is equipped with low toilets and steps. No potties are provided for hygiene reasons (there are no facilities to clean potties adequately and no space to store individual potties away from other children) and families are asked not to provide them from home for the same reason
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  - Wherever possible, children are encouraged to manage the toilet and wash hands independently.
  - All children are reminded to wash their hands after visits to the toilets. The toilets are equipped with paper towels for hand drying.
  - Accidents are dealt with sensitively and without drawing attention to the child. Parents are asked to provide spare clothes for their child in a clearly labelled bag, left in their child's cubby.
  - In addition, key persons ensure that nappy changing is relaxed and a time to promote independence in young children.
  - Young children are encouraged 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. They are encouraged to explore hand washing; and allowed time for some play as they explore the water and the soap.
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- Key persons are gentle when changing children nappies and clothing: they avoid pulling faces and making negative comment about 'nappy contents' or any aspect of children's bodies and appearance.

## **Noses**

Children with colds are encouraged to fetch a tissue, wipe their noses, and throw the tissue away independently. We also encourage children to put a hand or a tissue in front of their mouth when coughing or sneezing and to wash their hands more frequently.

Staff are reminded to wash or anti-bac their hands after assisting children with nose blowing and wiping.

This policy was adopted at a meeting of	Lake Street Nursery and Pre-School CIO	name of setting
Held on	<hr/> 14 November 2017	(date)
Reviewed	<hr/> June 2019	(date)
Signed on behalf of the management committee	<hr/> Catherine Morey Manager and Trustee	
Name of signatory	<hr/> Pp Dan Selinger	
Role of signatory (e.g. chair/owner)	<hr/> Chairman	