



## Toileting, Nappy Changing and Intimate Care Policy

### Statement of intent

Definition of Intimate Care: 'Care tasks of an intimate nature, associated with bodily functions, bodily products and personal hygiene, which demands direct or indirect contact with, or exposure of, the sexual parts of the body' Intimate care tasks specifically identified as relevant include:

- dressing and undressing (underwear)
- helping someone use a potty or toilet
- changing nappies
- cleaning / wiping / washing intimate parts of the body.

Examples of personal care routines also include helping children to dress and undress themselves, change clothes according to the weather (e.g. putting swimming costumes on), washing intimate parts of the body, feeding and cleaning children, administering oral medication, hair care, helping children who have vomited etc. We encourage children to participate in their own intimate or personal care where possible

Toilet training is a self-care skill that children have the opportunity to learn with our full support. We work closely with parents to ensure that each child is comfortable and kept clean and dry during their time with us. We provide the opportunity for all children to use the toilet independently and to provide assistance for those who need it. We will work with parents towards toilet training, unless there are medical or other developmental reasons why this may not be appropriate.

All children have the right to be safe and to be treated with dignity and respect. Disabled children can be especially vulnerable. As we will be involved in their intimate care we will be sensitive to their individual needs. We will accommodate their needs and work with parents/carers to encourage them to eventually be able to use the toilet independently wherever possible. Details of nappy changes, potty and toilet trips will be shared with parents either through the end of day communication or during short discussions at pick up time.

### Toilet training

We work with parents to help continuity for toilet/potty training. We might suggest to parents that their child might be showing 'toilet ready' signs from your child – toileting is not age dependent but rather linked to children's physical and psychological readiness. Toilet readiness signs include –

- Is your child's nappy dry after a nap or in the mornings?
- Can your child wait longer between nappy changes, showing they can hold their urine?
- Does your child tell you when their nappy is wet or dirty and they want to be changed?



EXPERIENCED CHILDMINDERS

- Does your child try to pull off their nappy or ask to wear pants?
- Is your child interested in sitting on a potty or toilet?

Where both parties agree that the child is ready then we offer support and advise to the best way to toilet train a child.

### **Procedure for toileting**

Show the child where the toilet, step and paper is.

Allow the child free use of the toilet throughout their time with me.

Encourage the child to use the toilet before we go out, before snack and meal times.

Encourage health and safety asking the child to close the toilet lid, flush and then wash and dry their hands using soap, warm water and the disposable towels available.

Assist the child where necessary

Should an accident occur I will assist the child as necessary in a non-judgemental way changing their clothes using fresh items provided by their parents/carer.

Soiled items of clothing will be bagged and sent home with the parent/carer.

### **Procedure for using the potty**

Show the children where the potty is kept,

Allow the children free use of the potty throughout their time with me.

Ask the children to tell me when they are going to use the potty so that I can be on hand to wipe bottoms and assist with pulling up and down trousers etc.

Praise the children for their efforts

I wear disposable gloves and use toilet paper and sensitive wipes to clean the children.

Making sure the child is happy and fully clothed encourage them to wash their hands using soap and warm water and dry on disposable towels available.

Remove the potty and flush the content down the toilet.

Wipe the toilet down with a disinfectant toilet wipe.

Wash the potty with disinfectant cleaner and dry with kitchen towel.

Replace the potty to it's usual place.



EXPERIENCED CHILDMINDERS

Double bag any baby wipes, my gloves and the disinfectant toilet wipe and dispose of in my outside black dustbin.

### **Procedure for nappy changes**

Ask parents/carer to provide nappies for their own child.

change nappies regularly and as soon as possible if they have soiled

Tell the baby/child its nappy change time and explain what I am doing throughout.

The changing mat is on the floor in the toilet

Wipe any excess faeces away from the front to the back. The nappy is placed in a nappy sack.

If required nappy cream is applied by dabbing the affected area. Parents have signed permission for me to use nappy rash cream.

A clean nappy is put on making sure it is the correct size and fit for the baby/child.

baby/child is encouraged to wash their hands using warm water and soap.

The changing mat is cleaned with a disinfectant cleaner and dried after each use.

**Children with SEND** will be supported through the toilet training process at whatever age they are ready to start. We will learn a child's signs (if relevant) and provide them with visual reminders if these are considered helpful by parents and used at home.

### **Safeguarding**

If we observe any unusual markings, discolouration's or swelling including in the genital area then we will speak to the parent/carer immediately. Where we believe this could be detrimental to the child we will follow the procedure set out in our Safeguarding Policy and make the relevant referrals.

We report and record any unusual emotional or behavioural response by the child. A written record of concerns are made and kept in the child's personal file.

Policy adopted by Making Memories

Date: April 2018

Reviewed: August 2021