



## Promoting health and hygiene

### Intimate Care Policy

#### Nappy changing and toileting

##### Policy statement

No child is excluded from participating at Rudgwick Pre-school who may, for any reason, not yet be toilet trained and who may still be wearing nappies or equivalent. We work with parents/carers towards toilet training, unless there are medical or other developmental reasons why this may not be appropriate at the time.

We provide nappy changing facilities and exercise good hygiene practices in order to accommodate children who are not yet toilet trained.

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. All toileting will be done promptly and discreetly and always within sight of other staff.

##### Procedures

- Wherever possible key persons (or back keyperson) undertake changing young children.
- At Rudgwick Pre-school we provide a changing mat which is located in the disabled toilet. This area is warm and safe to lay young children when they need to be changed.
- Each young child provides their own nappies or 'pull ups' and changing wipes. A supply will be kept for emergencies.
- Where necessary we put on gloves and aprons before changing starts and the areas are prepared. The changing mat is sanitised for each child. Gloves are not always required for a wet nappy where there is no risk of infection, however, gloves are always available for those staff who choose to wear them. Gloves are always worn for a 'soiled' nappy.
- All staff are familiar with the hygiene procedures and carry these out when changing nappies.
- We 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 (a potty is also available if required); they may just want to sit on it.

- They should then be encouraged to wash their hands and explore the water and the soap.
- We are gentle when changing; they avoid pulling faces and making negative comment about 'nappy contents'.
- We do not make inappropriate comments about young children's genitals when changing their nappies
- Older children access the toilet when they have the need to and are encouraged to be independent. Support will only be given if the child asks for help.
- Nappies and 'pull ups' are disposed of hygienically. Ordinary pants that have been wet or soiled are bagged for the parent/carer to take home.
- We have a 'duty of care' towards children's personal needs. If young children are left in wet or soiled nappies/'pull ups' in the setting this may constitute neglect and will be a disciplinary matter. We endeavour to change children a minimum of once in every 4 hours.

This policy was adopted at a meeting of

Rudgwick Pre-school

Held on

19<sup>th</sup> March 2026

Date to be reviewed

14<sup>th</sup> March 2028

Signed on behalf of the management  
committee

*Laura Thornber*

Name of signatory

Laura Thornber

Role of signatory

Chairperson