

Healthy Living

Nappy Changing



A considerable amount of a young child's day is dictated by their care routines. Nappy changing should be an essential part of this routine as it supports their health and wellbeing, comfort, hygiene and development. Regular changes help prevent nappy rash and infections, whilst also offering valuable one-one interaction that supports bonding and emotional security. This is also a time where practitioners can promote early communication, independence and body awareness in a calm, respectful and nurturing environment.

The environment should be organised in a way that promotes those positive interactions whilst also supporting a positive learning experience. It is essential that settings have safe and hygienic practices that supports children's health and wellbeing.

When changing nappies, it is crucial that we ensure children's privacy is respected, that every child's individual and support needs are being met, whilst adhering to safeguarding policies and procedures. This balance promotes dignity, safety and emotional well being in line with the EYFS 2025 requirements:

'Children's privacy is considered and balanced with safeguarding and support needs when changing nappies and toileting'

'EYFS 2025'

Providers need to ensure that facilities and procedures are in place for all children including those with additional needs. Therefore, consideration must be given to:

- Privacy
- Health and hygiene
- Accessibility
- Safeguarding

TASK 1

Below we have listed some questions for you to work through as a team. These can be used as discussion points to prompt reflection on existing practice:

- Do you have a separate allocated space for nappy changing?
- Do the staff have regular allocated nappy changing times and record each time they change a child's nappy?
- Do staff continue to check for soiled and wet nappies throughout the day and recognise the importance of doing this? Is the space comfortable and calming for children to be changed?
- Do staff respond swiftly and recognise when an infant requires changing?
- Do you have appropriate ventilation?
- Do you have sufficient hand washing facilities for both adults and the children to use?
- Are staff provided with disposable gloves and aprons?

- What can the children see and hear during nappy changing?
- Do you consider the use of lighting to ensure it's not too bright for children's eyes?
- Do you consider how might your nappy changing area feel for a baby/child – could it be overstimulating or uncomfortable, and what could you do to make it more calming and nurturing?
- Are staff aware that children's skin and sense of touch can be particularly sensitive?
- Do staff understand how to physically handle children comfortably in ways that respect their dignity?
- How do you ensure that a child's privacy is respected during nappy changing while still maintaining appropriate safeguarding measures?
- How do you support children to understand their right to privacy and bodily autonomy?
- What procedures are in place for staff to report any concerns related to nappy changing practices, and do you feel confident in using them?
- How do you ensure that nappies are disposed of safely, regularly and hygienically, while also maintaining children's dignity and preventing risks to health and wellbeing?
- How is nappy changing equipment stored to allow safe access for staff, and where appropriate – how do you promote children's independence?

- Are children provided with time, equipment, and encouragement to show some independence?
- How many opportunities are available for babies/children to exercise some degree of choice or control?
- Do adults support children to foster the development of self-regulation? If so, how?
- How much meaningful interaction takes place during nappy changing?
- Do practitioners view nappy changing as an opportunity to support communication and language?

TASK 2

Effective written policies that reflect recommended hygiene, safety and infection control practices should underpin your settings procedures. Your procedures should also set out the expectations for the interactions which occur between children and practitioners during nappy changing.

Displaying nappy changing procedures in the designated area will help to ensure a consistent approach.

Consider the following questions when developing or reviewing your nappy changing policy and procedures. Do your procedures:

- How do you identify the role of the adult? E.g., to be reassuring, to talk/sing with the child, to meet the care needs of each child whilst also considering their emotional needs.
- What protocols are taken in relation to safeguarding both the child and adult e.g., keeping the door open when changing a child's nappy and how do you ensure they are supervised appropriately?
- Does your policy include clear procedures for recording and reporting any concerns noticed during nappy changes (e.g. bruising, rashes behaviour)?
- How does your policy clearly outline safe hygiene practices and how it is cleaned to prevent cross contamination and promote children's health?
- Does your policy clearly outline parental consent, communication, and the use of individual creams or wipes?
- How does your policy ensure that staff support children's independence whilst ensuring safeguarding remains a consistent priority?
- Does your policy outline how children's privacy and dignity will be maintained?
- Does it outline the process of disposing of, storing, and laundering of wet/soiled materials?
- Does it incorporate how children's home language and practices are?
- How often is your nappy changing policy reviewed, and how do you ensure it reflects current EYFS safeguarding guidance and best practices?

Useful links:

- [nappy-changing-guidance-for-early-years-and-childcare-services.pdf](#)
([careinspectorate.com](#))
- [How to change your baby's nappy - NHS \(www.nhs.uk\)](#)
- [EffectiveToiletingandNappyChangingProcedure.pdf \(acecqa.gov.au\)](#)