

Healthy Living

Changing, Toileting and Care Routines



Nappy Changing

A considerable amount of a young child's day is dictated by their care routine. It is therefore important that we make the most of the opportunities open to us throughout the child's day.

Nappy changing experiences for children in your care should be part of a relaxed, happy, and social routine that provides valuable opportunities for interactions between staff and children on an individual basis.

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.

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

- Privacy
- Health and hygiene
- Accessibility

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?
- 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?

- 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?

Toileting

As infants get older, they may show signs that they are ready to start using a potty or going on the toilet. Each child reaches potty training readiness at different ages, and it is important to ensure that each child is truly ready before moving on to this next stage, and that you have discussed it with the parents/carers.

As with nappy changing this should also be a relaxed, happy and social routine for the children. Consider the questions below and seek guidance if you required:

- How do you recognise the individual needs and readiness for each child to start potty training?
- How effectively do you communicate with parents/carers about their child's progress?
- How do you ensure you are maintaining hygiene and safety standards consistently throughout the nursery?
- What strategies and further practice can you adopt to help support and develop a child's confidence around toilet training?
- How do you encourage a child's independence during toileting and changing routines?
- Do you consider a child's cultural needs during toilet training to ensure you are providing an inclusive and respectful environment? And do you have open communication with parents about this?
- How do you manage parents who have high expectations of when their child should start toilet training even though you don't feel that this is something they are ready for just yet?

Next, click on the video link to support your understanding around toilet training:

[When should we start potty training? \(18 to 30 months\) | NHS \(youtube.com\)](#)

Is this something you might want to share with parents?

TASK 2

Pull ups... yes, or no?

There are many views on whether to promote the use pull ups when a child is learning to use the toilet.

Within your team discuss the advantages and disadvantages of using pull ups as part of a child's toilet training experience. Below is a list of some factors you may wish to consider.

Discuss each one, and debate whether the advantages outweigh the disadvantages? Or is it the other way round? Can you think of any more factors that are not mentioned below?

- To support smoother transition between the use of nappies and pants.
- Prolonged Dependency
- Reduced Mess
- Practicality for sleep times and on outings
- Mixed Signals
- Impact on the environment
- Conveniency
- Less urgency

When using pull ups, it is important to have a flexible approach, ensuring that you collaborate with parents throughout.

However, when a child is showing signs that they are ready to use the toilet, your focus should be how to support the children to develop their awareness and independence at a pace that is right for them.

TASK 3

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 and toileting times.

Displaying nappy changing/toileting procedures in the designated areas will help to ensure a consistent approach.

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

- Identify the role of the adult e.g., to be reassuring, to talk/sing with the child, to meet the care needs of the child, but also their emotional needs.
- Include steps to take in relation to safeguarding both the child and adult e.g., keeping the door open when changing a child's nappy or taking them to the toilet?
- Explain how children are supervised?

- Make clear how the children's privacy and dignity will be maintained?
- Explain how to manage a toileting accident?
- Outline the process of disposing of, storing, and laundering of wet/soiled materials?
- Incorporate children's home toileting language/or practices?
- Explain how to clean the nappy change and toileting areas?
- Outline the child's role, for example flushing the toilet and hand washing?

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 \(acecqa.gov.au\)](#)
- [How to potty train - NHS \(www.nhs.uk\)](#)
- [Toilet Training | Under 2's | Teach Early Years](#)
- [Pull-Ups vs Diapers: Differences + When to Switch - The Baby Bump Diaries](#)