

# InceyWinceys Day Nursery

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## Toileting

Most children who join the nursery as babies will still be in nappies and at Incey Winceys we understand that changing the children is an important developmental time in teaching a child self-care.

No child is excluded from joining the nursery or preschool and this includes any child who is not toilet trained and who is wearing nappies or equivalent. When developmentally appropriate we work with parents towards toilet training, unless there are medical or other developmental reasons why this may not be appropriate.

Appropriate adjustments are made to the nursery bathroom provision and hygiene practice 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.

### Nappy Changing Procedure

- Nappies are changed by the key person, or the secondary key person wherever possible. Each key person should be aware of the times that the child will need to be changed.
- Changing areas are warm and there are safe areas to lay young children down to have their nappy changed.
- No child should ever be left unsupervised on a changing mat.
- Each child has their own basket to hand with their own nappies, wipes and creams that are used.
- Disposable gloves are worn to change nappies and disregarded after each change.
- All staff are familiar with the hygiene procedures and carry these out when changing nappies.
- Key persons ensure that nappy that nappy changing is relaxed and a time to promote independence in young children.
- Children should be encouraged to wash their hands and have hygienic soap and drying facilities to hand.
- Key persons should be gentle when changing and should always avoid pulling faces or making negative comments about 'nappy contents'.

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- Nappies and pull-ups are disposed of hygienically.
- Any cloth nappies, trainer pants or ordinary pants that have been wet or soiled are rinsed and bagged for that parent to take home.

If babies or young children are left in wet or soiled nappies or underwear, the nursery may take disciplinary action against the member of staff responsible for that child's care, as it may be deemed neglect.

## **Pre-Toilet Training**

From around the age of 2 years we begin where possible changing nappies with the child standing up, in line with advice from the bowel and bladder charity ERIC. This is due to manual handling and ensuring the safety of staff, but also to make clear to the child that they are no longer a "baby" and as a transitional step towards independent toileting.

We also encourage independence through different aspects of the changing routine, for instance having the child pull up and down their own trousers, throwing the nappy in the bin and washing their hands. Where possible we show the child that we empty the contents of a soiled nappy into the toilet to begin to make the link between toileting in nappies and in the toilet.

## **Toilet Training**

Potty training is to be done in conjunction with parents, so good communication between practitioners and parents is vital.

We are aware that bladder and bowel control is a physical skill and so we will not force potty training or rush it in any way. With regards to any child who is potty training and we feel is not ready we will speak to the parents and advise reviewing the decision.

Children, when developmentally ready, are encouraged to take an interest in using the toilet, even if it means they just want to sit on it or talk to a friend who is using the toilet.

We recommend avoiding pull ups, as they feel similar to nappies and do not make it clear that anything has changed.

During your child's potty training please provide lots of spare clothes and a pair of crocs/jellies (which can be washed and dried quickly) or a spare pair of

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shoes! Dresses and pop up vests should also be avoided during the potty-training process, and wherever possible elasticated waistbands and loose-fitting bottoms will help each child in completing the toileting routine independently.

We are flexible in our approach to potty training and provide a variety of reward system and sticker charts and again this should be consistent with the approach used at home.

**We have made a guide to potty training which can be printed upon the request of the staff or parents.**