InceyWinceys Day Nursery

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 about 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 can learn with the full support and non-judgemental concern of adults.

All staff must have an Enhanced DBS before being allowed to change nappies/ help children with toilet training or change the children's clothes if wet or soiled. Children have the right to privacy and should feel safe, secure and comfortable with the adults that care for them. Only staff deemed suitable are allowed in the changing areas, there is an open floor plan, where staff go in and out whilst maintaining safeguarding and privacy.

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.
- Designated 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 disposed after each change.
- All staff are familiar with the hygiene procedures and carry these out when changing nappies.

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- Key persons ensure 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'.
- 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.
- After each use, the nappy mat and changing area are cleaned with antibacterial spray and hands are washed.

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 as 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 bowl 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.

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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 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.

Whether or not a child is toilet trained, this has no bearing on their moving to preschool and no child is excluded from joining preschool based on not being toilet trained.

We have made a guide to potty training which can be found on the next page…

Parents' Guide to Potty Training

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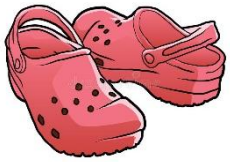
Generally, once your child can tell you they've wet or soiled their nappy, and once they are showing interest in the toilet or potty, they could be ready for the next big step in their development…

Firstly, please know that there will be lots of accidents to begin with! Your child has been going to the toilet freely in their nappy whenever they need to, so the muscles associated with "holding" have not developed. These will strengthen over time but avoid laying new carpet for the first few weeks/months ☺.

We recommend going straight into knickers/pants as the feeling of them, and of being wet, is very different to pull ups which feel like nappies and are often used as such. Usually pulls ups or nappies are still used during nap times until they have the hang of it, once they are able to hold it for an hour or so, encourage using the toilet before and straight after sleep and see how they go. If they manage it, do not continue to use nappies, however do invest in some plastic sheets for the bed for the odd accident!

We also recommend stocking up on the underwear, the cheaper the better as often soiled ones cannot be saved. Go for quantity, not quality at the early stages! And say goodbye to button up vests!



Washable shoes, especially crocs or jellies are perfect as they allow easy cleaning.

Please avoid long tops or dresses for a while, as they trail in the toilet and get messy. Also avoid buttons/tight jeans/belts for a while too and stick to elasticated waists that your child can easily pull up and down. Your child needs to be able to pull their trousers down, the looser fitting the better. *Once they have mastered holding then we can introduce zips and buttons.*

Make toileting as pressure free as possible. Accidents happen and shouldn't be punished as this often sets them back into wanting to wear a nappy again.

Asking do they need the toilet every 20 minutes to begin with and encouraging them to try if they haven't been for a while is the best place to start. Then lots of praise when they go, to make them want to repeat that success next time.

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Try lots of little incentives such as stickers, to begin with just for sitting down, then for doing a wee, then for flushing etc.

At nursery we have low kids' toilets and potties, but at home they should be able to cope with a step and a child's seat on the big toilet. If possible, getting one in your child's favourite character design often helps or have them pick it out with you and allow them to put the seat on.

Another good alternative is this sort of seat ->
which allows adults and children to use the toilet easily.

It is completely normal for it to take a while for your little one to feel comfortable pooing on the toilet, you could try giving them a book to read to keep them sitting for longer, and if your child is regular with their BMs pre-empt and sit them down just before. Try not to worry, it comes eventually.

There are lots of books on using the toilet, and ideas for practising wiping available online. Introduce toilet paper early and encourage independent wiping as soon as possible.

There are also portable potties for out and about, public toilets are often hard to find in a hurry! Using a nappy while out to begin with may seem a good idea (and sometimes it is for long journeys!) but in general it usually helps to have a clear message that they go on the toilet now.

The most important thing is if they are not ready, don't force it and we can try again when they show an interest.

So, once you think your child is ready, please make sure you provide:

- *Washable/waterproof shoes* ✓
- *Lots of underwear* ✓
- *Stretchy loose bottoms such as leggings or tracksuit bottoms* ✓
- *<u>No dresses, no tight bottoms, no jeans with buttons, no between the leg vests, no zips please!!</u>* ✗

If you have any questions, please speak to your child's key person.

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