



## Prime times – Intimate care and nappy changing

Prime times of the day make the very best of routine opportunities to promote ‘tuning-in’ to the child emotionally and to create opportunities for learning. Nappy changing times are key times in the day for being close and promoting security as well as for communication, exploration, and learning.

Riverside Pre-school CIO is committed to ensuring that all staff responsible for the intimate care of children will undertake their duties in a professional manner at all times. We recognise that there is a need to treat all children with respect when intimate care is given, and that no child should be attended in a way that causes distress or pain.

Intimate care is any care that involves washing or touching (such as cleaning up a child after they have soiled themselves) intimate personal areas. The issue of intimate care is a sensitive one and we will always be respectful of a child’s needs. The child’s dignity should always be preserved with a high level of privacy, choice, and control.

We are happy to admit children who are wearing nappies or equivalent. Staff will aim to support parents in assisting their child in moving to the next stage of toilet training unless there are medical or other developmental reasons why this may not be appropriate at the time. If a child has a disability or medical needs that affect their personal care routines, we will agree a health care plan with the parents/carers.

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. During the home visit, we will share signs that children are ready for toilet training and give parents/carers information on how we can support this. We will also signpost access to the Enuresis Resource and Information Centre (ERIC) via their website, <https://www.eric.org.uk> Facebook page and helpline (0808 169 9949). Why is this not showing as a link

We provide nappy changing facilities and exercise good hygiene practices in order to accommodate children who are not yet toilet trained. We will ask parents/carers whether their child uses or responds to any special words or actions or has particular needs during nappy changing. Parents/carers will be advised of any significant observations made during the nappy changing procedure.

We ensure that our staff are aware of the amount of fluids children need to consume and that they are encouraging them to drink at regular intervals throughout the day.

All employed staff hold current enhanced DBS checks and will change nappies/ clothes. There shall be a high awareness of child safeguarding issues

### Toilet area:

- Children are supported to use the toilets independently. We encourage all children to take an interest in using the toilet; they may just want to sit on it and talk to a friend who is also using the toilet
- We encourage children to wash their hands with soap and use the air dryer/paper towels to dry them. They should be allowed the opportunity for some play as they explore the water and the soap
- Anti-bacterial hand wash liquid or soap should not be used by young children, as they are no more effective than ordinary soap and water.
- Members of staff do not wipe older children’s bottoms unless there is a need, or unless the child has asked. We record when children are assisted to wipe their bottom, this is recorded in the intimate care book located in the toilet area

- Each key person is responsible for ensuring that children who require regular visits to the toilet are taken to the toilet at regular intervals. This is also a time to remind younger children about using the toilet. This does not replace any child's individual need
- We store all children's personal nappies, pull-ups, wipes, and changes of clothing in a white, named net sack and hang it in the toilet area
- All soiled clothing is bagged, clearly labelled, and kept in the toilet area until the end of the child's session

### **Nappy changing area:**

- All key people have a list of children in their care who are in 'nappies' or 'pull-ups' and change/check nappies during the routine of the day.
- We record all nappy changes on Family and in our intimate care book and state whether the nappy was wet/soiled
- Nappy changing is always done in an appropriate/designated area. Children are not changed in play areas or next to snack tables
- There is a safe area to lay young children for nappy changing. Staff will check all children wearing nappies and record in an intimate care book/Family when they have been checked/changed. We have clear guidelines to follow displayed in the nappy changing area
- If children refuse to lie down for nappy change, they can be changed whilst standing up, providing it is still possible to clean them effectively
- Staff will never turn their back on a child or leave them unattended whilst they are on the changing bed.
- Staff will not make inappropriate comments about children's genitals when changing their nappies
- Children are changed in sight of other staff whilst maintaining the child's dignity and privacy at all times
- Staff are gentle when changing nappies/clothes and no child will be made to feel ashamed or embarrassed by any negative comments, but will be encouraged to use the toilet where and when possible, in line with their own individual stage of development
- Key persons ensure that nappy changing is relaxed and a time to promote independence in young children.
- Staff always wear disposable aprons and gloves when changing soiled nappies/clothes. Gloves are not always required for a wet nappy/accident where there is no risk of infection; however, gloves are always available for those staff who choose to wear them. Fresh couch roll is put down on the mat/bed when changing a soiled nappy/clothing. The couch/mat is wiped down after every use with Milton spray and a green cloth kept in Milton solution specifically kept in the toilet area and changed daily.
- A stool that is an unusual colour can usually be related to the food that was eaten, so it is important that this is noted. However, a stool that is black, green, or very white indicates a problem, and the child should be taken to the doctor. Fresh couch roll is put down on the mat/bed for each child.
- Very soft, watery stools are signs of diarrhoea; strict hygiene needs to be carried out in cleaning the changing area to prevent spread of infection.
- Sometimes children may have a sore bottom. This may have happened at home as a result of poor care; or they may have eaten something that, when passed, created some soreness. The child may also be allergic to a product being used. This must be noted and discussed with the parent and a plan devised and agreed to help heal the soreness. This may include use of nappy cream or leaving the child without a nappy in some circumstances. If a medicated nappy cream such as Sudocrem is used, this must be recorded as per procedure 04.2 Administration of medicine.
- All staff are familiar with health, hygiene and safety procedures and carry these out when changing nappies/clothes (including child safeguarding and lifting and moving)
- Staff will change wet or soiled nappies, pull-ups and items of clothing as required
- We encourage young children to normally wear pull-ups, or other types of trainer pants, as soon as they are comfortable with this, and if their parents agree
- No parent, helper, student, or visitor will be allowed to change soiled nappies/clothes unless they are the child's primary parent or carer
- Children will be encouraged to wash hands after changing
- Nappies, gloves and aprons are safely disposed of in a medical/offensive waste unit, which meets all health and safety guidelines
- Cloth nappies, trainer pants and ordinary pants that have been soiled are rinsed and bagged for parents to take home. Wipes or cotton wool and water are used to clean the child. Where cultural practices involve children being washed and dried with towels, staff aim to make reasonable adjustments to achieve the desired results in consultation with the child's parents. Where this is not possible it is explained to parents the reasons why. The use of wipes or cotton wool and water achieves the same outcome whilst reducing the risk of cross infection from items such as towels that are not 'single use' or disposable.

- Key persons are responsible for changing where possible. Back-up key persons take over in the key person's absence, but where it is unavoidable that other members of staff are brought in, they must be briefed as to their responsibilities towards designated children, so that no child is inadvertently overlooked and that all children's needs continue to be met.
- Parents are encouraged to provide enough changes of clothes for 'accidents when children are potty training.
- If spare clothes are kept by the setting, where possible they are 'gender neutral' i.e., neutral colours, and are clean, in good condition and are in a range of appropriate sizes.

We have a duty of care towards children's personal needs. If children are left in wet or soiled nappies/pull-ups in the setting this may constitute neglect and will be a disciplinary matter.

## Child Safeguarding

This policy should be read in conjunction with our Safeguarding Children, Young People and Vulnerable Adults policy. If a member of staff has any concerns about a child's physical presentation e.g., marks, bruises, soreness, it will immediately be reported to our designated safeguarding officer. If a child makes an allegation against a member of staff, all necessary procedures will be followed. Please talk to a member of staff if you have any questions or concerns.

**This policy was adopted at a committee meeting of Riverside Pre-school CIO**

Held on: \_\_\_\_\_ 10<sup>th</sup> January 2023 \_\_\_\_\_

Date to be reviewed: \_\_\_\_\_ January 2024 \_\_\_\_\_

**Signed on behalf of the trustees of the charity:**

Full name: \_\_\_\_\_ Rachel McNicol \_\_\_\_\_

Position: \_\_\_\_\_ Chairperson \_\_\_\_\_

Signature: \_\_\_\_\_  \_\_\_\_\_ Date: \_\_\_\_\_ 10/1/2023 \_\_\_\_\_