

# St Marychurch Pre-school

## Intimate Care Policy

### **Statement of intent**

No children are excluded from participating in our setting at St.Marychurch Pre-school nor who may, for any reason, not yet be toilet trained and who may still be wearing nappies or equivalent. The practitioners work with parents towards toilet training, unless there are medical or other developmental reasons why this may not be appropriate at the time. We make necessary adjustments to our bathroom provision and hygiene practice in order to accommodate children who are not yet toilet trained.

### **Aim**

Toilet training is a self-care skill that children have the opportunity to learn with the full support and non-judgemental concern of adults.

### **Methods**

Practitioners have a list of young children in their care who are in nappies or 'pull-ups' and use a nappy changing log sheet.

- Practitioners ensure that nappy changing is relaxed and a time to promote independence in young children.
- All practitioners are familiar with the hygiene procedures and carry these out when changing nappies.
- Practitioners will change the children in the hallway whilst leaving the door to the classroom open for another practitioner to be aware of proceedings, but at the same time allowing children privacy.
- Practitioners take turns to change children
- All practitioners must tell those present that they are meeting intimate care needs.
- Changing areas are warm and there are safe areas to lay or allow children to stand if they need to have their bottoms cleaned. If a child refuses to lie down for a nappy change, then they can be changed whilst standing, providing they can be cleaned with good effect.
- The practitioner will discuss the need for good hygiene and will encourage children to wipe themselves.
- Gloves and aprons are put on before changing starts and the areas are prepared.
- The practitioner will ask for consent and if not obtained the practitioner will seek another practitioner for support with changing or call the parent to talk to their child or change them.
- At every stage the practitioner will inform the child what is happening, such as **saying** 'I am going to lay you down', 'I am going to pull down your trousers', 'I am going to take off your nappy and so on. This enables a child to develop an understanding of consent and their own body needs. A practitioner may also sing to them whilst changing.
- Practitioners are gentle when changing; they avoid pulling faces and making negative comment about 'nappy contents'.
- Practitioners do not make inappropriate comments about young children's genitals when changing their nappies.
- Young children are encouraged 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.
- They should be encouraged to wash their hands and have soap and towels to hand. They should be allowed time for some play as they explore the water and the soap.
- Should a child have an allergy to the hand soap used within pre-school, the staff will liaise with the child's parents to find a suitable alternative.
- Older children are encouraged to use the toilet independently although will inform practitioners when using. Practitioners do not wipe older children's bottoms unless there is a need, or unless the children ask.

- When children are toilet training, parents are encouraged to provide enough changes of clothes in case of 'accidents, however the setting does have a supply of spare clothes.
- Nappies and 'pull ups' are disposed of hygienically. Any soiled (faeces) nappies or pull ups are bagged and disposed are in the outside bin. Ordinary pants that have been soiled are rinsed and bagged for the parent to take home.

### **Nappy changing record**

- Practitioners record all changes of nappies on the nappy log sheet and anything unusual about any stool that has been passed by a child.
- Any unusual colour stool will be noted but practitioners are aware it could be related to food that has been eaten. However, if a stool is black, green, or very white this could indicate a concern, so we advise parents to seek medical advice from their doctor.
- Signs of diarrhoea are when the stools are very soft and watery and strict hygiene needs to be carried out in the toilet area to prevent spread of infection. After two watery stools have passed, the parent will be called immediately to collect their child. The child must be clear for 48 hours before returning to the setting.
- Young children may have a sore bottom or a nappy rash. If nappy cream is needed parents will then supply this in a named, dated and original container following a written consent form by the parent/carer and agreed by management. The nappy cream will then be used and recorded by the practitioner applying it. The parent will also be informed at the end of the day.

### **Keeping safe**

- The setting discusses with children the need to keep their bodies safe. We do this by using the NSPCC 'Pants' video, using Pantosaurus and the steps to teach children that they can say 'no' and to tell someone they trust if they feel uncomfortable or worried.

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

Signed: \_\_\_\_\_ Position: \_\_\_\_\_ Dated: \_\_\_\_\_

We aim to provide a safe, stimulating, caring, happy Pre-school where all children and their families are welcome. We provide a curriculum based on the Early Years Foundation Stage using individual children's interest and needs.