



Nappy and Toilet Training Policy

Nappy Changing

I am happy to accept babies and children in nappies. I will need you to provide me with the following:

- Nappies
- Any cream that you use on your child
- Baby wipes
- Nappy Sacks

I will provide a changing mat, which will be wiped over with disinfectant between each use.

I am happy to take a child in real/cloth nappies.

I will change your child regularly and immediately if they have soiled a nappy. I believe that changing a nappy should provide lots of opportunity to communicate with your child and as their understanding grows provide time to discuss basic hygiene issues, preparing them for potty training.

Potty / Toilet Training

When your child starts to show signs that they are becoming aware of their bodily functions I will arrange a convenient time to meet with you and discuss your plans on potty/toilet training your child. It is unusual for a child to be ready to be potty trained much before their second birthday and for some children it can be a lot later. Please do not be concerned if your child shows no signs of being ready yet. It is very important that we work together to potty train your child and pick a suitable time to do it, when we can both dedicate time. If we start the training and your child is not ready then we can stop and start again when they are. Some children take to potty training overnight for some it is a longer process, the most important thing is that we work together to give your child the support and reassurance they need during this period. I will provide you with daily feedback on how we are progressing with the training.

To support you with your child's potty / toilet training, we are happy to follow up any home potty and toilet successes by working with children who are wearing pants rather than pull-ups. Children cannot tell the difference between pull ups and nappies. I am happy to use pull ups if we are out at soft play etc.

Toilet readiness signs include –

- ✓ Is your child's nappy dry after a nap or in the mornings?
- ✓ Can your child wait longer between nappy changes, showing they can hold their urine?
- ✓ Does your child tell you when their nappy is wet or dirty and they want to be changed?

- ✓ Does your child try to pull off their nappy or ask to wear pants?
- ✓ Is your child interested in sitting on a potty or toilet?

Please spend a week (at least) with your child at home, to make sure they are using the toilet independently and can recognise and ask an adult when they need to use the potty / toilet. They should also practice pulling their trousers and pants up and down, so they are as independent as possible.

Potty training procedure:

- ❖ Move to a quiet place where your child can use the potty in as much privacy as possible while ensuring all children are monitored. Help your child pull down trousers, pants etc and wait as long as they need to finish.
- ❖ Support your child with wiping and replacing clothing.
- ❖ Clean and dry the potty using antibacterial spray and running water; or, if we are on an outing, we will use spray and wipes as a temporary solution until we can wash it under water.
- ❖ Wash all hands (adult and child) for 20 seconds with soap and water.

In order to help your child become independent in going to the toilet I can provide the following equipment:

- Steps for the toilet and the wash basin
- Potty training reward charts
- Potty

Please let me know if you wish to discuss your child's potty training.

Written by Emma Marshall

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