



Toileting and Personal Care Policy

At Creative Stars, we support the child's development in ways which foster security, confidence and independence. We aim to ensure that staff are well informed about Child Protection issues on an annual basis and in line with current legislation to develop awareness skills of personal safety for staffs on protection and the protection of the child.

Procedures: At Creative Stars Day Nursery we promote a toileting and personal care programme and work in partnership with parents/carers to help the child develop a healthy interest in and understanding of how to look after his/her own personal needs. Staff will consult with parents/carers on a regular basis.

We can only toilet train a certain number of children at one time. Please work with us to ensure it is a time when we can begin toilet training your child in a safe and effective manner.

Baby changing for the personal safety and protection of the staff and the protection of the child shall be in an open area that offers privacy. This currently happens in the Baby Room.

- Parents will be responsible for supplying nappies, baby wipes and nappy cream of their choice for their child
- Plastic Free Baby wipes will be used to clean babies unless they have a known allergy or parents instruct differently
- Staff will dispose of soiled/wet nappies, wipes, gloves in nappy disposal bins
- The changing mat will be cleaned on each occasion with antibacterial spray
- Staff will work with parents when toilet training children as and when both parties believe it is the right time
- Staff will try to ensure a child's privacy whilst at the toilet or whilst being changed
- If children are independent in using the toilet, staff will encourage them to do as much for themselves as possible
- Staff members will wash hands and support the child to do the same
- Staff will help children be aware of when they need to use tissue and how to use and dispose of it
- Children will be encouraged to brush teeth, use sun cream and begin maintaining their own personal care.

Toilet Training Information

There are 40 different skills a child needs to learn and put together to become potty trained. You don't need to wait for them to be able to do all these skills on their own before you start helping prepare them. Children have a lot to learn at each stage. Therefore, it makes sense to do some preparation and practice together before they stop wearing nappies. The more practice and help the child gets, the easier it will be when they stop using nappies.

Basics

- Use words or signs that they can learn to help communicate their needs to you
- Learn how to pull their pull up down and pull them up again afterwards
- Practice and develop good personal hygiene: the correct way to use toilet paper, handwashing and drying.

Why feeling comfortable using the potty or toilet is important

Teaching the child how to use a potty and feel comfortable around wee and poo gives them a gentle journey towards being independent from nappies. It also helps avoid many common potty-training problems in the future. Talking about wee and poo when you change them gives the child the message that it's a normal part of life and nothing to be afraid of. There may be times when it is more difficult for you to help the child use a potty or the toilet, for example if they are unwell. This is common. *Talk about wee and poo when you're changing nappies.*



Stopping using nappies

Stopping using nappies is a big change for children. Here are some tips to help make this stage easier:

- Make sure it's a good time for you as well as the child. It's best to avoid doing it at a time when there are any big changes or disruptions to your child's or family's routine, like moving home, changing nursery or the arrival of a new sibling
- Make sure the child is drinking enough during the day. Aim for 6-8 drinks a day.
- Dress the child in clothes that are easy for them to get on and off, so they can take the lead with using the potty and not become restricted or encumbered by tight fitting clothing, buttons etc
- If the child is a boy, encourage him to sit down on the potty for both wees and poos especially in the beginning. We empty our bladder better sitting down and it helps to prevent constipation.

Signs the child may need to wee or poo:

- They may tell you
- They may fidget, go quiet or hide
- They may crouch down and start to strain (for a poo).

If you see any of these signs or know the child needs to do a wee or poo, gently direct them to use the potty. This will increase their chance of success whilst they are still learning how to respond to their body's wee and poo signals. Doing this helps the child to understand what is expected of them.

Toilet Training Onsite

We aim to work in partnership with parents to give the child the best possible chance of success. If we feel there are other developmental needs which need focusing on first, or if we feel the child's disposition and Managing Self skills need some preparation, we will advise on developing these areas first.

We only have two toilets and two potties onsite, therefore, we aim to have no more than **6 children** training at once. This includes potty training and moving onto toilet training.

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