

# Nappy Changing Policy



## Policy Statement

We aim to support children's care and welfare daily in line with their individual needs.



It's crucial to develop positive nappy changing and toileting routines as they form a significant part of a child's daily routine in care. As well as meeting a child's physical needs when you help them use the toilet or change a nappy your actions will also help you build a solid and trusting relationship with a child.

Information will be shared between parents and the key person about nappy changing and toilet training in a way that suits the both parties. We wish to ensure the safety and welfare of the children whilst being changed and safeguard against any potential harm, as well as ensure the staff member involved is fully supported and able to perform their duties safely and confidently.

Through the following actions we will endeavour to support all parties:

## Procedure

Wherever possible, key workers should change the nappies of their own key children. If not possible, a permanent team member from the room should change nappies. Cover staff should generally avoid changing children's nappies unless they cover on a regular basis. Trial shift staff should only change nappies alongside the child's own key worker. Nappies should be changed only in the nappy change areas or on their own sheets as they wake up.

As a minimum, children should be changed at least once in the morning, after they wake up from sleep, and once in the afternoon. If children's nappies feel heavy – they must be changed immediately rather than waiting for a designated change time. Likewise, if a child has a bowel movement, they should be changed immediately. As part of promoting independence, children should be encouraged to tell staff when they need to be changed. Children can also help to collect their things from the changing box. The changing box will have their nappies, wipes, cream (if provided by parents) and a set of clothes. Older babies (18 months) can start to try sitting on the small toilets in-between nappy changes; this will help them develop confidence with independent toileting.

The special 1:1 time the key workers share with their children during nappy change time also significantly support them with their language development, when the staff talk and communicate in a meaningful way as they change.

## Infection control and hygiene:

Gastrointestinal illnesses include salmonella, norovirus, E. coli, and listeria. Even when a child is healthy, these are some of the germs found in dirty nappies. These are highly infectious and potentially transmitted in the nappy changing area if good standard infection prevention and control precautions (SICPs) are not adhered to. Hygienic nappy-changing

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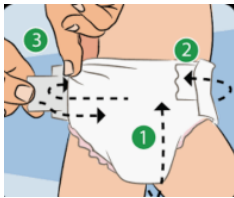
practices and effective cleaning of equipment and the environment are vital to reduce the risks of transmitting the infection to children and staff.

Hygienic nappy-changing practices and effective decontamination of equipment and the environment are vital to reduce the risks of transmitting the infection to children and staff. The nappy changing areas must be cleaned every day by the staff.

## Some other key hygiene management guidelines:

- Hand sanitisers are not a substitute for handwashing
- Staff may wish to wear gloves, this is not mandatory; where gloves are worn, hands should still be washed before and after changing
- Gloves must be thrown away with the dirty nappy before putting the new nappy on

## **The nappy change experience from the child's perspective:**



The nappy-changing experience should be a relaxed, happy and social routine that provides valuable opportunities for interaction between staff and children on an individual basis. The environment should be organised to promote those positive interactions while supporting positive learning experiences. It is good practice to allow children including babies to wash their hands after nappy changing. – this promotes good hygiene practice from an early age.

## **Good experiences on the change table will:**

- Give the key workers opportunity to interact with children and engage in simple play activities such as singing and rhyme games
- Teach children about daily routine and cause and effect
- An early opportunity to teach children about self-care, through showing them how to hand wash and dress themselves and by sharing with them the sense of achievement gained through learning these skills
- It is also important to remember that how staff react to soiled or wet nappies, toileting needs, and accidents gives children powerful messages about themselves and their bodies.

## **Supporting children during nappy changes**

By consistently applying a range of practical strategies staff can work to ensure toileting and nappy change experiences are positive for children. These include:

- Slowing down and allowing children to take their time so they feel relaxed.
- Using correct vocabulary to describe words associated with nappy changing and toileting.

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- Allowing children to be active participants in the process and encouraging them to help where it is age appropriate.
- Being sensitive to the different needs of children and where possible making small changes to the nappy change routine to consider these needs, i.e., holding a toy to comfort.
- Talking with children while changing the nappy using correct vocabulary and respectful language. Communicating with children during the process helps them understand what is going on and what will happen next.
- Focusing on making a nappy change time a positive experience for the child by taking into account their comfort and feelings while changing.
- Never showing displeasure or negativity towards a child who has a dirty nappy, no matter how smelly or messy it is.
- To minimise the chances of children falling off the changing table, staff must keep one hand on the child during nappy changing. The child must NEVER be alone on the changing table. If staff need to step away to get something, you must call another staff member for assistance or take the child OFF the table

## **Please always follow these steps when changing a child's nappy:**

1. Wash your hands
2. Wipe the mat with disinfectant and get the nappy bag and gloves ready
3. Bring the child's changing box to the table
4. Bring the child up to the changing table, and change them per their own preferences
5. Talk to the child whilst changing them, and provide commentary
6. Check if the child also needs clean clothes whilst you change them
7. Take the child down, and wash your hands and child's hand
8. Wipe clean the changing mat using disincentive wipes
9. Put the child's box back
10. Resettle the child in an activity or area of play and inform the room leader

If you have a safeguarding concern while changing a child's nappy, clothes, or underwear, you must report immediately to your team leader or manager. Concerns may arise from evidence or signs of sexually transmitted infections, soreness or bleeding, marks, or bruises.