



Intimate Care and Potty-Training Policy

Policy statement

At House Federation, we ensure that all children are supported with their toileting, to allow the children to develop at the appropriate rate. We collaborate with families to support children's health, wellbeing, and development through effective potty training using the 3 step 'Let's Go Potty' approach adopted by ERIC, The Children's Bowel and Bladder Charity.

Procedures for intimate care

- Children's privacy is respected while maintaining safeguarding protocols at all times to ensure that children and staff are comfortable during times of intimate care.
- A familiar adult always responds to the needs of the young children in their care who are in nappies or 'pull-ups' to ensure they are changed at the most appropriate time for the child.
- Changing areas are maintained at a comfortable temperature and equipped with safe, hygienic surfaces if they need to have their bottoms cleaned.
- Staff wear gloves and prepare the changing area in advance to maintain hygiene and safety (ensuring nappy bags and wipes are out of reach).
- All staff are familiar with the hygiene procedures and carry these out when changing nappies.
- In addition, practitioners ensure that nappy changing is relaxed and a time to promote independence in young children.
- They are encouraged to wash their hands and have soap and towels to hand and allowed time for some play as they explore the water and the soap.
- Key persons maintain a respectful and reassuring demeanor during nappy changes, avoiding any negative reactions about 'nappy contents'.

- Older children access the toilet when they have the need to and are encouraged to be independent.
- Nappies and 'pull ups' are disposed of hygienically. Cloth nappies, trainer pants and ordinary pants that have been wet or soiled are rinsed and bagged for the parent to take home.

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.

Procedure for Potty Training

At House Federation we follow Let's Go Potty: Let's go together! This is the 3 step evidence based approach adopted by ERIC, for children learning how to use the potty independently and stopping wearing nappies.

The foundation of the approach is that children are born ready to learn new skills.

Most children are ready to master potty independence and lead in many parts of the process from around 18 months. The majority of children will be capable of doing most things including wiping by themselves when they start school. Research shows it is better for children's bladder and bowel health to stop using nappies between 18 and 30 months.

This is a brief summary of the Let's Go Potty approach: please visit www.eric.org.uk/potty-training for more important details on each step.

3 step approach to potty training

Step 1: Preparation

Spending time preparing the child for potty training is the best way to help them start the process. We help prepare them with these steps:

- Make sure there is no underlying constipation and that the child is having plenty of water based drinks (6-8 cups a day). Keeping their bladder and bowel healthy and working properly will help with potty training.
- Involve them in nappy changing and talk to them about it whilst you're doing it so that they begin to understand where wee and poo goes, and the language that we use for the toilet and how our body feel

Step 2: Practice

- Supporting the child in becoming comfortable with toileting routines helps transition to the next step. From the time the child can safely sit up by themselves, they can start sitting on a potty with your help.
- Using play can help teach the child what you expect, as well as motivate them. You can use stories, characters and toys to explain to the child what they need to do and teach them how to do it.

Step 3: Stopping using nappies

- Thanks to plenty of preparation and practice, the child has gained new skills and confidence. They are now ready for the last step which is to stop wearing nappies. We use these tips to help make this stage easier:
- Select a stable and supportive time for initiating potty training, avoiding periods of disruption. It's best to avoid doing it at a time when there are any big changes or disruptions to the child's or family's routine.
- 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.
- 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 when sitting down and it helps to prevent constipation.
- Potty training is a big milestone for the family too. Work together – guide the family towards a definite goodbye to nappies, to ensure consistency for the child.

Potty training children with additional needs

Almost all children can learn to be clean and dry. Children with special needs including delayed development and physical disabilities may take a little longer and need more support. However, the process we follow is the same.