

**Intimate Care and Toilet Training Policy** (see also health and hygiene policy, safeguarding children policy, equal opportunities policy, code of conduct for physical intervention)

### **Guidance**

DFE toilet training (2025) - <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/toilet-training>

ERIC (the children's bowel and bladder Charity)

[https://eric.org.uk/?gad\\_source=1&gad\\_campaignid=9113691281&gbraid=0AAA AADht2RaKtFVwJGTWTDPC4GMDMApQ9&gclid=Cj0KCQiAgP\\_JBhD-ARIsANpEMxxW3CkqoODPg08VrvCakqfICVvMXzhPIcrAt8ZHlf6QhswiR3ZSAYQaAi5UEALw\\_wcB](https://eric.org.uk/?gad_source=1&gad_campaignid=9113691281&gbraid=0AAA AADht2RaKtFVwJGTWTDPC4GMDMApQ9&gclid=Cj0KCQiAgP_JBhD-ARIsANpEMxxW3CkqoODPg08VrvCakqfICVvMXzhPIcrAt8ZHlf6QhswiR3ZSAYQaAi5UEALw_wcB)

C Bebies Parenting Advice - [https://www.bbc.co.uk/tiny-happy-people/articles/zhqts82?at\\_mid=FCdIEj5V9C&at\\_campaign=CBP\\_AUGUST\\_PPC&at\\_medium=search&at\\_campaign\\_type=paid&at\\_ptr\\_name=google&at\\_format=paid\\_search&at\\_link\\_origin=&at\\_product=tiny\\_happy\\_people&at\\_audience\\_id=WF&at\\_creative\\_id=772010511721&at\\_adset\\_id=182373916777&at\\_campaign\\_id=22962393490&at\\_sl\\_network=g&at\\_sl\\_term=toilet%20training%20tips&at\\_objective=action&at\\_bbc\\_team=ps&gad\\_source=1&gad\\_campaignid=22962393490&gbraid=0AAAABBLh2JKUEZxe63ZRrLyLI25x0qzk7&gclid=Cj0KCQiAgP\\_JBhD-ARIsANpEMxw02HMn1lJ8DRwtFV7Gk\\_sdWSc2NbaLXaMTTYTjOD9E8PXbwRihJ5AaAmTwEALw\\_wcB#z3nb46f](https://www.bbc.co.uk/tiny-happy-people/articles/zhqts82?at_mid=FCdIEj5V9C&at_campaign=CBP_AUGUST_PPC&at_medium=search&at_campaign_type=paid&at_ptr_name=google&at_format=paid_search&at_link_origin=&at_product=tiny_happy_people&at_audience_id=WF&at_creative_id=772010511721&at_adset_id=182373916777&at_campaign_id=22962393490&at_sl_network=g&at_sl_term=toilet%20training%20tips&at_objective=action&at_bbc_team=ps&gad_source=1&gad_campaignid=22962393490&gbraid=0AAAABBLh2JKUEZxe63ZRrLyLI25x0qzk7&gclid=Cj0KCQiAgP_JBhD-ARIsANpEMxw02HMn1lJ8DRwtFV7Gk_sdWSc2NbaLXaMTTYTjOD9E8PXbwRihJ5AaAmTwEALw_wcB#z3nb46f)

### **Regulatory Framework**

Early Years Foundation Stage Statutory Framework September 2026

Health and Safety at Work (1974)

Equality Act (2010)

### **Nappy Changing Procedure**

All staff are familiar with the following hygiene procedures and carry these out when changing nappies. Children's privacy is considered and balanced with safeguarding and support needs when changing nappies and toileting.

Children in nappies are regularly checked and nappies will be changed at regular intervals.

The practitioner prepares the area for nappy changes and wears appropriate PPE.

The independence skills of young children are encouraged and they may use the potty or toilet. Staff will encourage children to walk to and use the toilet or potty independently wherever they are developmentally able to do so. Staff will not routinely lift or carry a child to the toilet or potty unless this is developmentally appropriate for the child, a care plan is in place, the child is unwell, the child is at risk of falling or they require assistance in an emergency.

The children will wash their hands after having their nappy changed.

The changing mat is cleaned and disinfected after each child is changed and the practitioner washes her hands and changes PPE each time.

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### **Toilet Training**

The transition from using nappies to learning to use the toilet / potty is an important stage of development for all children. It is our policy to give support and praise to children and to give advice and helpful ideas to their families.

The advice on when to start toilet training children can vary. NHS guidance explains that most children are ready to begin toilet training from around 18 months to 2 years. However, some people may choose to start earlier. It is understood that each child's development is unique and some children can be

toilet trained faster than others. Different cultures may start toilet training at different ages. We will respect parental preferences during the process.

If staff members feel a child is ready to learn to use the toilet they will talk to the child's parents / carers and discover how they feel.

The NHS guidance suggests potty training should start when:

- they know when they've got a wet or dirty nappy
- they get to know when they're peeing and may tell you they're doing it
- the gap between wetting is at least an hour (if it's less, potty training may fail, and at the very least will be extremely hard work for you)
- they show they need to pee by fidgeting or going somewhere quiet or hidden
- they know when they need to pee and may say so in advance

Potty training is usually fastest if your child is at the last stage before you start the training. If you start earlier, be prepared for a lot of accidents as your child learns.

They also need to be able to sit on the potty and get up from it when they're done, and follow your instructions.

It helps to keep track of your child's wee and poo habits and get an idea of how many times a day they go for a wee and poo. If they can stay dry for an hour or two, they are ready for potty training as their bladder is storing more wee and developing control. It can be hard to tell if a child is wet as disposable nappies are so good at soaking up wee and keeping it off the skin. A good tip is to put some folded kitchen paper into the nappy which will stay wet when they do a wee. As well as letting you know when they've done a wee, it may also help your child connect the feeling of being wet with weeing.

If your child starts to notice when they've done a wee or a poo it means they are starting to learn the signals their body is giving them - a great time to get ready for potty training.

## How do I get my child ready for potty training?

It helps if you can:

1. **Get your child involved** with changing their nappies. Change them standing up, get them to help with their clothing and wash your hands together when you've finished.
2. **Talk about wee and poo.** Tell them if their nappy is wet or dry when you change them and talk about the wee or poo inside.
3. **Keep the nappies in the toilet** and change your child in there so they associate wees and poos with that room.
4. **Plan a reward system** like a sticker chart or lucky dip bag. Reward every little step towards potty training like getting dressed or washing their hands.
5. **Read picture books** about potty training together. There are some available in the [ERIC shop](#). At playgroup we have a potty-training home learning bag that we can lend you.
6. **Show that you do wees and poos too!** Leave the toilet door open and ask family members to do the same. Young children learn by watching and copying.
7. **Talk to your health visitor** or children's centre for potty training advice. You can also [talk to the ERIC helpline](#) or [download ERIC's Guide to Potty Training](#).

If a child is in the early stages of toilet training staff members are available to discuss with parents / carers and set up a personal care plan for individual children. The plan might include:

- how the child normally indicates they need the toilet;

- whether they use a potty or toilet;
  - what physical assistance they need;
  - whether they can get on/off independently;
  - what language/words the child uses;
  - how staff should reassure them;
  - what to do if they become distressed;
  - arrangements for changing after an accident;
- any relevant additional needs.

Whilst a child is toilet training staff members communicate daily with parents through contact at the beginning and end of a session.

We often find that if a child is dry at home only, parents / carers can be a little reluctant to send them without a nappy to pre - school or alternatively some parents / carers are unsure of how to start toilet training their child.

At Box Pre - School playgroup we use two flexible methods -

- If a child is clean at home staff members suggest to parents / carers to bring in the child's potty / toilet seat from home. This may make the child feel more comfortable as it is something familiar. The potty must be clean and sanitised before sending in.
- If a child is wearing a nappy at home and at pre - school staff members will suggest to parents / carers to encourage their child to try the toilet / potty when they are having their nappy changed. This can also be carried out at pre - school.

Children are supported and reminded to use the toilet at appropriate times throughout the session, taking account of their individual stage of toilet training, developmental needs and cues. Children are never shamed or pressured if they have an accident or do not wish to use the toilet.

All staff members are happy to deal with accidents and understand that having accidents is a part of the learning process. Parents / carers are asked to send their child in with a bag containing several changes of clothes. If a child is frequently wetting or soiling we may ask the parent to seek the advice of the health visitor to determine whether the child is ready.

Children are changed in the toilet and wet/soiled clothing is put into a clean bag with a sticker, placed upon it. The sticker explains to the parent/carer the reason for the wet/soiled clothing.

Potties are cleaned in warm soapy water and disinfected and left to dry upside down.

Pull ups - we don't use pull ups at preschool as part of potty training as nappies and pull ups are simply absorbent products that prevent mess and not tools that teach toileting skills. We ask that children are sent to pre-school in nappies or pants.

### **Safeguarding**

All of Box Pre - School staff members and volunteers have enhanced disclosure and barring (DBS) checks. Visitors to the pre - school will not be permitted to enter the children's toilet area alone or change a child or be left with them.

Before taking a child to use the toilet or to change them, the staff member responsible will inform another member of staff. This is to ensure other staff members do not worry if they have seen that a child is missing from the group and also it is to ensure that staff members are aware of where other members of staff are. Children's privacy and dignity will be respected when using the toilet or receiving intimate care. Staff will balance the child's need for privacy with appropriate safeguarding and supervision arrangements.