

Healthy Living

Nappy Changing



A nappy changing experience for children in your care should be a relaxed, happy, and social routine that provides valuable opportunities for interactions between staff and children on an individual basis. The environment should be organised in a way that promotes those positive interactions whilst also supporting a positive learning experience. It is essential that settings have safe and hygienic practices that supports children's health and wellbeing.

Providers need to be mindful to ensure appropriate facilities and procedures are in place for all children including those with additional needs. Consideration needs to be given to:

- Privacy (particularly for older children)
- Health and hygiene
- Convenient access

Task 1

Questions for reflection:

- Do you have a separate allocated space for nappy changing?
- Do the staff have regular allocated nappy changing times and record each time they change a child's nappy?
- Do staff continue to check for soiled and wet nappies throughout the day and recognise the importance of doing this?

- Is the space comfortable and calming for children to be changed?
- Do you have appropriate ventilation?
- Do you have sufficient hand washing facilities for both adults and the children to use?
- Are staff provided with disposable gloves and aprons?
- What can the children see and hear during nappy changing?
- Do you consider the use of lighting to ensure it's not too bright for children's eyes?
- Are staff aware that children's skin and sense of touch can be particularly sensitive?
- Do staff understand how to physically handle children comfortably in ways that respect their dignity?
- Are children provided with time, equipment, and encouragement to show some independence?
- How many opportunities are available for babies/children to exercise some degree of choice or control?
- Do adults support children to foster the development of self-regulation? If so, how?
- How much meaningful interaction takes place during nappy changing?
- Do practitioners view nappy changing as an opportunity to support communication and language?

Effective written policies that reflect recommended hygiene, safety and infection control practices should underpin your settings procedures. Your procedures should also clearly set out the expectations for the interactions which occur between children and practitioners during nappy changing and toileting times. Displaying nappy changing/toileting procedures in the designated areas will help to ensure a consistent approach.

Task 2

Consider the following questions when developing or reviewing your nappy changing policy and procedures. Do your procedures:

- Identify the role of the adult – What procedures do you have in place to ensure the safeguarding of children and staff? For example, always informing a colleague and keeping the door open when changing a child's nappy.
- Explain how children are supervised?
- Ensure children's privacy and dignity?
- Explain how to manage a toileting accident?
- Outline the process of disposing of, storing, and laundering of wet/soiled materials?
- Incorporate children's home toileting language/or practices?
- Explain how to clean the nappy change and toileting areas?
- Outline the child's role, for example flushing the toilet and hand washing?

Useful links

- [\[nappy-changing-guidance-for-early-years-and-childcare-services.pdf \\(careinspectorate.com\\)\]\(#\)](#)
- [\[How to change your baby's nappy - NHS \\(www.nhs.uk\\)\]\(#\)](#)
- [\[EffectiveToiletingandNappyChangingProcedure.pdf \\(acecqa.gov.au\\)\]\(#\)](#)