Nappy Changing Policy

At Muddy Puddles Childcare we support children's care and welfare on a daily basis in line with their individual needs. All children need contact with familiar, consistent carers to ensure they can grow confidently and feel self-assured. Wherever possible, each child's key person will change nappies according to the child's individual needs and requirements. Our procedure meets best practice identified by the UK Health Security Agency's Infection prevention and control document.

We enable a two-way exchange between parents and key persons so that information is shared about nappy changing and toilet training in a way that suits the parents and meets the child's needs.

We have appropriate designated facilities for nappy changing which meet the following criteria:

• Facilities are separate to food preparation, serving areas and children's play areas

• Changing mats have a sealed plastic covering and are frequently checked for cracks or tears. If cracks or tears are found, the mat is discarded. Disposable towels or paper roll are placed on top of the changing mat for added protection

• Clean nappies are stored in a clean dry place; soiled nappies are placed in a nappy sack before being placed in the nappy bin. Bins are foot-pedal operated, regularly emptied and at the end of the day are always emptied into an appropriate waste collection area

• We ask that where any non-prescribed creams are needed e.g. Sudocrem that these are supplied by the parent and clearly labelled with the child's name. Prior written permission is obtained from the parent. When applying creams for rashes, a gloved hand is used.

Staff changing nappies will:

• Use a new disposable apron and pair of gloves for each nappy change and always wash hands before and after using gloves

• Clean disinfect and dry mats thoroughly after each nappy change; disposable towels or paper roll are discarded after each nappy change

• Ensure they have all the equipment they need before each nappy change

• Keep nappy bags, gloves and aprons out of reach of babies and children

• Ensure that every child in nappies is changed every 3 hours, unless they require a nappy change between.

• If there is something unusual about the nappy change that a staff member is concerned about, they are to let the Manager or Deputy Manager know and ask them to check.

Reusable Nappies In addition to the above procedures, where children wear reusable nappies we will:

• Ask the parents for a demonstration for fitting the nappy correctly

• Dispose of any soiling by flushing straight down the toilet

• Dispose of the reusable nappy liner, and place in a nappy bag (and disposed of as per disposable nappies in a nappy bin)

https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare facilities

• Store the used nappies in a sealable wet bag away from children (including a waterproof interior and sealed to prevent any smells escaping)

• Provide the parents with the wet bag at the end of the day to clean the used nappies.

We wish to ensure the safety and welfare of the children whilst being changed and safeguard against any potential harm, as well as ensuring the staff member involved is fully supported and able to perform their duties safely and confidently.

We aim to support all parties through the following actions:

• Promoting consistent and caring relationships through the key person system and ensuring all parents understand how this works and who is caring for their child

• Using this one-to-one time as a key opportunity to talk to children and help them learn, e.g. through singing and saying rhymes during the change

• Ensuring that the nappy changing area is inviting and stimulating and change this area regularly to continue to meet children's interests

• Ensuring all staff undertaking nappy changing have suitable enhanced DBS checks

• Training all staff in the appropriate methods for nappy changing

• Ensuring that no child is ever left unattended during the nappy changing time

• Making sure staff do not change nappies whilst pregnant until a risk assessment has been discussed and conducted

• Ensuring suitably competent and responsible students only change nappies with the support and supervision of a qualified member of staff

• Conducting thorough inductions for all new staff to ensure they are fully aware of all nursery procedures relating to nappy changing

• Ensuring hygiene procedures are followed appropriately, e.g. hands washed before and after nappies are changed and changing mats cleaned before and after each use

• Following up procedures through supervision meetings and appraisals to identify any areas for development or further training

• Working closely with parents on all aspects of the child's care and education as laid out in the Parents as partners policy. This is essential for any intimate care routines which may require specialist training or support. If a child requires specific support, the nursery will arrange a meeting with the parent to discover all the relevant information relating to this to enable the staff to care for the child fully and meet their individual needs

• Ensuring all staff have an up-to-date understanding of child protection and how to protect children from harm. This includes identifying signs and symptoms of abuse and how to raise these concerns as set out in the Safeguarding children and child protection policy

• Balancing the right for privacy for the children with the need for safeguarding children and adults by making sure intimate care routines do not take place behind closed doors

• Cameras, tablets and mobile phones are not permitted within toilet and intimate care areas

• Operating a Whistleblowing policy to help staff raise any concerns relating to their peers or managers and helping staff develop confidence in raising concerns as they arise in order to safeguard the children in the nursery

• Conducting working practice observations of all aspects of nursery operations to ensure that procedures are working in practice and all children are supported fully by the staff. This includes all intimate care routines

• Conducting regular risk assessments of all aspects of nursery operations including intimate care and reviewing the safeguards in place. The nursery has assessed all the risks relating to intimate care routines and has placed appropriate safeguards in place to ensure the safety of all involved.

When developmentally appropriate, we work closely with parents to sensitively support toilet training in a way that suits the individual needs of the child and ensures consistency between home and nursery.

If any parent or member of staff has concerns or questions about nappy changing procedures or individual routines, please see the manager at the earliest opportunity.

This Policy was adopted on	Signed on behalf of the nursery	Date for Review
01/03/2026	Heather Black	01/03/2027