



P2-16: Toileting & Nappy Change Policy

QDPA aims to meet the needs of children by providing a clean, safe, and hygienic place for nappy changes and toileting. We believe that nappy-changing and toileting rituals provided in a caring and responsive manner are valuable opportunities to promote children’s learning, meet individual needs, and to develop strong relationships with children.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest, and relaxation.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.
2.2.3	Child Protection	Management, educators, and staff are aware of their roles and responsibilities to identify and respond to every child at risk of abuse or neglect.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
103	Premises, furniture, and equipment to be safe, clean and in good repair
105	Furniture, materials, and equipment
106	Laundry and hygiene facilities
109	Toilet and hygiene facilities



112	Nappy change facilities
115	Premises designed to facilitate supervision
155	Interactions with children
156	Relationships in groups
168	Education and Care Services must have policies and procedures
170	Policies and procedures are to be followed

RELATED POLICIES

Dealing with Infectious Diseases Policy Interactions with Children, Families and Staff Policy	Health and Safety Policy Supervision Policy Family Communication Policy
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PURPOSE

We aim to ensure best practice guidelines are adhered to for nappy changing and toileting, ensuring that children's bathrooms and nappy change areas are maintained in a hygienic state in order to eliminate or reduce the spread of infectious disease. QDPA will also ensure that nappy change and toileting routines are used as an opportunity for one-on-one interactions between the educator and child.

SCOPE

This policy applies to children, families, staff, management, Approved Provider, Nominated Supervisor, and visitors of the Service.

IMPLEMENTATION

Nappy changes and toileting routines are incorporated into our routine, both at designated times and throughout the day to meet children's individual needs. Educators will communicate with parents to



develop continuity between our Preschools and home in regard to their child's nappy change and toileting practices. We will develop a toileting plan in consultation with families to develop a consistent approach to toilet learning. Educators must be responsive to special requirements related to culture, religion, or privacy.

Toileting and nappy changing will be carried out at frequent intervals throughout the day. Children who are in nappies will have each nappy change recorded in the child's information in OWNA. Educators will monitor the progress of a child's toilet learning and provide information to parents of how many times the child actually sat on the toilet or managed to use the toilet in a day.

Having their needs met quickly and in a caring responsive way builds children's sense of trust and security. It is also important to remember that the way that early childhood educators react to soiled or wet nappies, toileting needs, and toileting accidents give children powerful messages about themselves and their bodies.

Nappy changing and toileting routines are an excellent opportunity for educators to:

- conduct one-to-one interactions children, giving them undivided attention.
- build trusting and caring relationships with babies, toddlers, and children.
- interact with children using verbal and non-verbal communication and respond to children's communication.
- participate in age-appropriate activities with children, such as singing, saying rhymes.
- build children's understanding of what is happening by inviting them to the bathroom and supporting their ability to predict what will happen next in the routine.
- help children begin to develop and extend their self-help skills, which includes handwashing and dressing, and encouraging children to identify the feeling of accomplishment and pride that come with this.

All educators will carry out nappy changing; however, at times if a student is required to carry out this as part of their practical requirements, they will be under the constant supervision of a qualified educator.



Should a parent be in the bathroom helping their child, a staff member must accompany any other children needing to use the bathroom at the same time or be able to observe the bathroom through a viewing window.

Appropriate hygiene practices must be maintained, and procedures followed to minimise any risk of infection at all times. Educators will continuously role-model and promote healthy hygiene practices and hand washing procedures, encouraging, and supporting the children to follow these practices.

THE APPROVED PROVIDER WILL:

- provide adequate and appropriate hygienic facilities for nappy changing and toileting.
- ensure nappy changing and toileting areas are safe and do not pose a risk to children (Reg. 106)
- ensure nappy change facilities are designed and located in a way that prevents unsupervised access by children.
- ensure that the nappy change facilities are designed and maintained in a way that facilitates supervision of children at all times, having regard to the need to maintain the rights and dignity of the children using the facilities.
- provide adequate supplies for nappy changing and toileting at all times.
- ensure that adult and children's hand washing facilities are located within the nappy change area (Reg. 112)
- ensure handwashing posters are displayed in bathrooms and nappy change areas.
- consult the Building Code of Australia to ensure nappy change benches are properly constructed and compliant (Centre-based services)
- ensure nappy bins have a 'hands-free' lid.
- ensure nappy bins are located out of children's reach, preferably in a child-proof cupboard.
- ensure nappy change procedures remain compliant and current.
- ensure documentation to record information about nappy changing and toileting is consistent and monitored.
- ensure nappy change table/mats are hygienically cleaned and kept in excellent condition at all times to reduce the spread of infection- no holes, cracks, creases.
- provide information to families at time of enrolment about:



- use of disposable/cloth nappies
- procedures if their child develops or presents with nappy rash.
- Administration of Medication authorisation for application of products to treat nappy rash including prescription treatments or over the counter creams.
- requests to provide adequate supplies of clothes for children who are toilet learning.
- the importance of ongoing and open communication between educators and families about nappy changing and toilet learning with their child

THE NOMINATED SUPERVISOR WILL:

- implement policies, procedures, and training with educators to ensure nappy change procedures support children's safety, protection, relationships, and learning.
- develop systems with educators to ensure that soiled clothing and soiled nappies are disposed of or stored in a location that children cannot access.
- ensure children's nappies are changed at scheduled regular intervals at a minimum.
- ensure educators check nappies throughout the day to ensure children are not susceptible to nappy rash and discomfort. A system to record this routine will be maintained for reporting purposes.
- ensure nappy change and hand washing procedures are displayed visually and in community languages as appropriate in children's bathrooms and the nappy change area.
- ensure nappy bins are emptied regularly throughout the day and at the end of each day.
- request families to provide additional change of clothes for children who are toilet learning.

EDUCATORS WILL:

- discuss children's individual needs with families to ensure practices are reflective of their home environment and are culturally sensitive.
- provide information to families regarding children's nappy changes and toileting progress.
- utilise nappy change times to interact with children on an individual basis. The nappy change time will allow educators to converse, sing, play, and generally interact with the child.



- organise the nappy change and toileting area to promote positive interactions and promote positive learning experiences. For example, place pictures of interest to stimulate children's interactions and to encourage learning and language development.
- ensure no child is left alone on a nappy change mat or bench.
- keep nappy change areas fully stocked with all required materials at all times.
- ensure that nappy change and toileting supplies are readily accessible to staff to ensure efficiency and the health and safety of each child.
- encourage mobile children to walk to the nappy change area.
- assist the mobile child to walk up the steps onto the nappy change bench to minimise lifting by educators and to promote children's agency. Where a child is not walking, educators will follow manual handling practices to lift and carry the child to the nappy change mat.
- always follow QDPA's documentation requirements for nappy changing and toileting and communicating with families
- only apply nappy cream to a child if authorisation is provided in an Administration of Medication form.

TOILET LEARNING

QDPA is an inclusive service and accepts enrolments of children who are not yet competent in using the toilet. However, due to the size, building design and age of some of our preschool sites, not all of our Preschools are equipped for nappy changing. Should a child require regular nappy changing, this will be noted as part of enrolment process and families will be recommended to select a suitable service with facilities that will best support their child's needs regarding nappy changing should they receive a preschool placement offer for the following year. Toileting occurs at any time of the day and is specific to individual needs. Educators will communicate with families to develop consistency between home and the preschool in regard to their child's toileting rituals. Educators must be aware of and consider any special requirements related to culture, religion, or privacy needs.

Decisions about when to begin toilet learning will be made by families or may occur through shared decision making between families and early childhood professionals. This decision is based on mutual respect and open communication, which is crucial for a successful outcome. Families may have strong



views and preferences about when and how their child learns to use the toilet, which may come from their cultural background or individual preferences, which must be respected by educators and staff.

The priority of the individual child's wellbeing is paramount, and the decision to begin assisting the child to learn to use the toilet should be based on signs of readiness from the child and discussion with families.

Children may show signs of being ready to use the toilet. These signs may include:

- showing interest in the toilet, including having an interest in others using the toilet
- indicating a need to go to the toilet either before, or while they are passing urine or faeces.
- staying dryer for longer periods of time
- beginning to dislike wearing a nappy and perhaps trying to pull it off when it's wet or soiled.
- indicating a desire to sit on the toilet.

It is important to keep the process subdued and not place unnecessary attention and pressure on the child to perform. Acknowledging children's successes, no matter how infrequent or small is vital for their self-esteem and confidence. Families and educators can expect accidents, which should be treated respectfully, without fuss, and in a supportive manner.

Educators and families will communicate with each other regarding how the toilet learning is progressing, both in care and at home. This will support children to become more familiar and comfortable with the toilet training process. Children will be given the opportunity to complete the toileting procedure, such as toileting, flushing the toilet, and washing and drying their hands, but will always be supervised and assisted if required.

During this milestone, children should be empowered and encouraged to be successful. Toilet learning varies for individual children. As educators, we can take advantage of the child being in a group and the many opportunities that provides for learning from each other. Educators and families need to remember that there will always be individual differences and variables amongst children.

EDUCATORS WILL:

- request parents to supply clean changes of clothing for children who are toilet learning.



- assist the child to use the toilet.
- assist the child to get dressed (and if required, change into dry clothes)
- encourage children, especially females, to wipe front to back to reduce introducing bowel bacteria to the urinary tract.
- encourage children to flush the toilet.
- encourage and assist children to wash and dry their hands thoroughly.

If the child has soiled or wet their clothes:

- place solid materials into the toilet and flush
- place soiled clothes in a plastic bag/wet bag and keep these in a designated area for families to take home- rinse any wet and/or soiled clothes where safe and appropriate to do so.
- wash their own hands after helping children use the toilet.
- wear disposable gloves, paper towel, disposable cloths, detergent, and disinfectant, if necessary, when dealing with spills- such as urine, faeces, or vomit

FAMILIES WILL

- Communicate and inform QDPA during the enrolment process of their child's toileting capacities to ensure they are enrolled into a preschool site with appropriate facilities to meet their child's needs.
- Families of children who require nappy changing will be required to provide suitably sized and adequate numbers of nappies or pull ups for this purpose.
- Communicate in a collaborative partnership with educators when commencing their child's toilet learning journey.
- Provide sufficient clothing to support their child's toilet learning.
- Take home and launder any soiled clothing.

CONTINUOUS IMPROVEMENT

The *Toileting and Nappy Change Policy* will be reviewed on an annual basis in conjunction with children, families, educators, and staff.



SOURCE

Australian Children’s Education & Care Quality Authority. (2014).

Australian Children’s Education & Care Quality Authority. National Quality Standard Information Sheet. (2018) *Toileting and Nappy Changing Principles and Practices.*

Early Childhood Australia Code of Ethics. (2016).

[Education and Care Services National Regulations.](#) (2011).

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<https://www.facs.nsw.gov.au/families/parenting/caring-for/toddlers>

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Framework. (2017). (Amended 2020).

National Health and Medical Research Council. (2013). *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th Ed.). Australia: Commonwealth of Australia. NSW Government.

Raising Children Network (2018) Nappy rash <https://raisingchildren.net.au/newborns/health-daily-care/poos-wees-nappies/nappy-rash>

Revised National Quality Standard. (2018).

The NSW Work Health and Safety Act 2011

REVIEW

Version Control	Date	Author	Description of Change
1.0	2016	QDPA	Original document
2.0	2018	QDPA	Scheduled Review
3.0	August 21	QDPA	<ul style="list-style-type: none"> Document reviewed with change in leadership team in 2021. Additional related regulations & NQS references added. Version control and description box added to clarify reviewed items/new inclusions. Format change to include policy statement, purpose, scope and implementation, addition of footers and page numbering and general layout changes. Additional information added to reference handwashing in line with COVID-19



			<ul style="list-style-type: none">• Additional information added to ensure clarity of requirements.
4.0	October 2023	QDPA	<ul style="list-style-type: none">• Sources checked for currency.• Minor edits throughout policy• Additional section added for Continuous Improvement• Nappy change procedure removed from policy (separate resource available)• Changed language from toilet training to toilet learning.• Added “families will” section to toilet learning section