



# Toileting & Hygiene Policy

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## Purpose of the Policy

As a childminder, I have a duty of care and a requirement to provide a safe environment for the children. This Hygiene Policy outlines the steps I will take to manage the risk of infection and promote the good health and wellbeing of all children who attend my setting.

## Good Hygiene Procedure

It is very important to prevent the spread of germs and illnesses by having hygiene procedures in place and strictly adhered to. Viruses and infections can be spread easily through the air (e.g., coughing/sneezing) or by direct contact with contaminated persons or surfaces.

To lower the risk of infection spreading, I will:

### 1. General Hygiene

- Actively develop children's understanding of the need for good hygiene procedures using visual guides, modelling behaviour, and supporting them with their daily routines.
- Encourage children to wash their hands after going to the toilet, touching animals, and playing outside, and before eating any meals or snacks. I will assist and ensure they wash and dry their hands correctly.
- Provide a clean towel in the bathroom each day. If a child is ill (e.g., cold, cough), I will provide them with absorbent paper towels as a precaution.
- Assist children in wiping their noses when they have colds, teach them to blow their noses, and explain the importance of safely disposing of dirty tissues to prevent germ spread. I will also encourage them to cover their mouths when coughing.

### When dealing with nappies or waste

- Wear appropriate Personal Protective Equipment (PPE) when changing nappies, toileting children, and handling any bodily fluids. PPE is accessible in the bathroom and at the baby changing station.
- Dispose of PPE properly and wash hands immediately. Disinfect the changing mat between uses.
- Dispose of greywater appropriately in the bathroom toilet.

### Other hygiene factors

- Bedding is allocated to a named child for their time with me and is washed weekly.
- Clean all toys, equipment, and resources regularly, following a comprehensive cleaning rota and using antibacterial cleansers or washing in the washing machine.
- Help children clean their teeth after meals if parents provide a toothbrush and toothpaste.

## Early warning signs of infection

I will contact parents if a child has any of the following symptoms:

- Appears unwell (feels hot or looks flushed).
- Complaints of feeling ill (e.g. a cough, sore throat, runny nose, muscle aches and headaches).
- Diarrhoea and vomiting.
- Blood in their faeces.
- Unexplained rash.

Children who have had an upset stomach or sickness in the last 48 hours should not attend the setting.

### **Resource Provision**

To effectively carry out these procedures, I require parents to provide enough resources (e.g., nappies, labelled cream, spare clothes).

Please inform me if your child has been unwell or is feeling unwell.

### **Toileting and Privacy**

I am committed to promoting children's independence, dignity, and comfort during toileting and nappy changing routines. Children's privacy is respected at all times, while also ensuring their safety and well-being.

I provide appropriate supervision and support based on each child's age, stage of development, and individual needs. Toileting routines are carried out in a calm, respectful, and hygienic manner.

While I aim to offer children as much privacy as possible, this is balanced with safeguarding responsibilities. I ensure that:

- Children's dignity is maintained when a child remains within my sight when using toileting or changing facilities.
- Conversations and actions during these times are sensitive and reassuring.
- Any signs of discomfort, distress, or concern are promptly responded to and recorded if necessary.
- Children are encouraged and supported to develop self-care skills at a pace that suits them.

All toileting and nappy changing practices follow strict hygiene standards, and appropriate records are kept where required (e.g. for younger children or in case of accidents or concerns).