



Busy Bee Preschool

Nappy Changing Policy: Promoting Dignity and Preventing Restrictive Practice

Reviewed: 11/11/2025 | Next Review: 11/11/2026

Policy Statement

At Busy Bee Preschool, we are committed to ensuring that all intimate care routines, including nappy changing, are carried out in a manner that upholds each child's dignity, safety, and emotional wellbeing. We recognise that nappy changing is not merely a hygiene task but a valuable opportunity for connection, communication, and learning.

Restrictive Practice: What We Do Not Permit

Restrictive practice refers to any action that limits a child's rights, freedom, or emotional safety. In the context of nappy changing, this includes:

- Changing a child without explanation or emotional support
- Using physical restraint unless essential for safety
- Ignoring a child's distress or cues during the process
- Failing to provide adequate privacy or shielding
- Delaying nappy changes as a behavioural consequence
- Using shaming or dismissive language about toileting needs

Such practices are not permitted in our setting and are considered breaches of our safeguarding and inclusion policies.

Best Practice Commitments

We ensure that:

- Children are treated with respect and their comfort is prioritised
- Staff use age-appropriate language to explain what is happening
- Privacy is maintained through appropriate facilities and supervision
- Staff respond sensitively to children's emotional and physical cues
- Nappy changing is viewed as a relational and developmental opportunity
- Procedures follow infection control guidance without compromising warmth and responsiveness

Staff Responsibilities

All staff are expected to:

- Follow this policy and attend regular training on intimate care and safeguarding
- Reflect on their practice during supervision and team discussions
- Report any concerns or breaches of this policy to the Designated Safeguarding Lead
- Work in partnership with families to understand and support individual toileting needs

Signed: _____
Manager / DSL

Signed: _____
Staff Member