

Grafton Primary Toileting Plan and Intimate Care Policy

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Everyone is Welcome Here

Contents

1.	Expectations at Grafton School	2
2.	NHS Advice on Toileting	
3.	How to potty train	3
4.	When to start potty training	3
5.	Getting ready for potty training.....	4
6.	How to start potty training.....	5
7.	Potty training pants and pull-ups.....	5
8.	Night-time potty training	6
9.	Using the toilet instead of the potty	6
10.	Potty training with a disabled child.....	6
11.	More information and support.....	7
12.	Parenting Programmes in Islington	7
13.	Grafton Primary School Intimate Care Policy	
14.	Introduction	8
15.	Definition of Intimate Care	8
16.	Practical Considerations	8
17.	Role of Parents/Carers.....	8
18.	Role of Grafton Staff	8
19.	Additional Intimate Care Needs.....	9
20.	Safeguarding and Child Protection	9
21.	Supporting Pupils with Disabilities	9

Expectations at Grafton School

Most children entering Grafton Primary School would be toilet-trained and out of nappies by the age of three. We know that parents and careers prioritise potty training before children reach the point of admission for Nursery. Some children take longer to develop control. Of course, some will continue to have ‘accidents’ up to, and even after, the age of five. As children admitted into Reception classes are aged 4, some may not be fully toilet trained when starting school. This may be particularly true for some children with Special Educational Needs and Disabilities or ‘SEND’. Wherever possible, we encourage all children to clean and change themselves, fostering their own sense of dignity and independence.

If a child with any requires support due to wetting or soiling, staff will always assist as we have a duty of care to the child. This plan upholds the health, dignity, and independence of every pupil while ensuring robust hygiene and safeguarding measures are in place.

Any parent whose child is not ‘school ready’ will be offered a referral to parental workshops to support you with this issue, with the expectation that all children will be clean and dry by Christmas.

NHS Advice on Toileting

How to potty train

Using a potty is a new skill for your child to learn. It's best to take it slowly and go at your child's pace. Being patient with them will help them get it right, even if you sometimes feel frustrated.

Children are able to control their bladder and bowels when they're physically ready and when they want to be dry and clean. Every child is different, so it's best not to compare your child with others.

Bear in mind that most children can control their bowels before their bladder:

- by age 1, most babies have stopped doing poos at night
- by age 2, some children will be dry during the day, but this is still quite early
- by age 3, 9 out of 10 children are dry most days – even then, all children have the odd accident, especially when they're excited, upset or absorbed in something else
- by age 4, most children are reliably dry during the day

It usually takes a little longer for children to learn to stay dry throughout the night.

Although most learn this between the ages of 3 and 5, up to 1 in 5 children aged 5 sometimes wet the bed.

When to start potty training

Remember, you cannot force your child to use a potty. If they're not ready, you will not be able to make them use it. In time, they will want to use one – most children will not want to go to school in nappies any more than you would want them to.

You may want to introduce sitting on the potty as part of your child's normal day when they're around 18 months to 2 years. Some people choose to start earlier.

Try potty training when there are no great disruptions or changes to your child's or your family's routine. It's important to stay consistent, so you do not confuse your child.



Some people find it easier to start in the summer, when there are fewer clothes to take off and washed clothes dry more quickly.

If you go out, take the potty with you, so your child understands that you'd like them to wee or poo in the potty every time they need to go. Check that any other people who look after your child can help with potty training in the same way as you.

You can try to work out when your child is ready. There are a number of signs that your child is starting to develop bladder control:

- they know when they've got a wet or dirty nappy
- they get to know when they're peeing and may tell you they're doing it
- the gap between wetting is at least an hour (if it's less, potty training may fail, and at the very least will be extremely hard work for you)
- they show they need to pee by fidgeting or going somewhere quiet or hidden
- they know when they need to pee and may say so in advance

Potty training is usually fastest if your child is at the last stage before you start the training. If you start earlier, be prepared for a lot of accidents as your child learns.

They also need to be able to sit on the potty and get up from it when they're done, and follow your instructions.

Getting ready for potty training

Using a potty will be new to your child, so get them used to the idea gradually.

Talk about your child's nappy changes as you do them, so they understand wee and poo and what a wet nappy means. If you always change their nappy in the bathroom when you're at home, they will learn that's the place where people go to the loo. Helping you flush the toilet and wash their hands is also a good idea.

Leave a potty where your child can see it and explain what it's for. Children learn by watching and copying. If you've got an older child, your younger child may see them using it, which will be a great help. It helps to let your child see you using the toilet and explain what



you're doing. Using your child's toys to show what the potty is for can also help.

You could see if your child is happy to sit on the potty for a moment, just to get used to it, when you're changing their nappy, especially when you're getting them dressed for the day or ready for bed at night.

How to start potty training

Keep the potty in the bathroom. If that's upstairs, keep another potty downstairs so your child can reach the potty easily wherever they are. The idea is to make sitting on the potty part of everyday life for your child.

Encourage your child to sit on the potty after meals, because digesting food often leads to an urge to do a poo. Having a book to look at or toys to play with can help your child sit still on the potty.

If your child regularly does a poo at the same time each day, leave their nappy off and suggest that they go in the potty. If your child is even the slightest bit upset by the idea, just put the nappy back on and leave it a few more weeks before trying again.

Encouraging them to use the potty to wee will help build their confidence for when they are ready to use it to poo.

As soon as you see that your child knows when they're going to pee, encourage them to use their potty. If your child slips up, just mop it up and wait for next time. It takes a while for them to get the hang of it.

If you do not make a fuss when they have an accident, they will not feel anxious and worried, and are more likely to be successful the next time. Put them in clothes that are easy to change and avoid tights and clothes with zips or lots of buttons.

Your child will be delighted when they succeed. A little praise from you will help a lot. It can be quite tricky to get the balance right between giving praise and making a big deal out of it. Do not give sweets as a reward, but you could try using a sticker chart.

Potty training pants and pull-ups

Disposable or washable potty-training pants (also called pull-ups) can be handy when you start potty training and can give children confidence when it's time to swap nappies for "grown-up" pants. They do not soak up wee as well as disposable nappies, so your child will find it easier to tell when they are wet.

Training pants should be a step towards normal pants, rather than a replacement for nappies. Encourage your child to keep their training pants dry by using the potty.

If your child is not ready to stop wearing nappies and it's hard for them to know when they've done a wee, you can put a piece of folded kitchen paper inside their nappy. It will stay wet and should help your child learn that weeing makes you feel wet.

Night-time potty training

Focus on getting your child potty trained during the day before you start leaving their nappy off at night.

If your child's nappy is dry or only slightly damp when your child wakes for a few mornings in a row, they may be ready for night-time potty training.

Ask your child to use the potty last thing before they go to bed and make sure it's close by, so they can use it if they need to wee in the night. There are bound to be a few accidents, so a waterproof sheet to protect your child's mattress is a good idea.

Just like daytime potty training, it's important to praise your child for success. If things are not going well, stick with nappies at night for a while longer and try again in a few weeks' time.

Using the toilet instead of the potty

Some children start using the toilet instead of the potty earlier than others.

A child's trainer seat that clips onto the toilet can help make your child feel safer and more confident on the toilet. A step for your child to rest their feet on gets your child in a good position for doing a poo.

If you have a boy, encourage them to sit down to pee. If they also need a poo, sitting down will encourage them to go.

Potty training with a disabled child

Some children with a long-term illness or disability find it more difficult to learn to use a potty or toilet. This can be challenging for them and for you, but it's important not to avoid potty training for too long.

The charity Contact has more information on potty training for children living with a disability.

Visit the 'Contact website' for further support and ways of getting in touch with other parents with a disabled child.

More information and support

You can contact **ERIC**, The Children's Bowel and Bladder Charity, for information on potty training.

You can call the ERIC helpline on 0808 801 0343 (Monday to Thursday, 10am to 2pm) or you can email the **ERIC helpline via a webform**.

You can also talk to your GP or health visitor to get some guidance. They may refer you to a clinic for expert help.

Parenting Programmes in Islington

Free online courses for parents and carers, NHS In Our Place

Visit <https://inourplace.co.uk> to see what parenting courses are taking place.

These free online courses for parents and carers are based on the Solihull Approach to parenting which promotes emotional health and well-being by supporting relationships. A number of courses are on offer and can be completed at your own pace and time, enabling dads, mums, dads and mums-to-be and carers to get advice and information to support them in their parenting roles from pre-birth to 18 years.

Free online courses for parents and carers, Bright Start Islington

Courses run regularly.

- Help you to know when your child is ready to start toilet training
- Give information about ways to help children to toilet train
- Provide a space to share ideas and ask questions
- Suggest ways to encourage children.

For more information and to request a place please call

020 7527 8465 or email

BrightStartCentral@islington.gov.uk

Free online courses for parents and carers, IANDS Occupational Therapy

Workshops for parents / carers of children and young people who are experiencing challenges around toileting at home or at school related to sensory, physical or environmental barriers.

Courses run regularly. Email whh-tr.mainstreamOT@nhs.net

Grafton Primary School Intimate Care Policy

Introduction

At Grafton Primary School, we prioritize the safety, well-being, and dignity of all children. Staff responsible for providing intimate care will conduct their duties with professionalism, ensuring pupils are treated with compassion and respect at all times.

Definition of Intimate Care

Intimate care refers to any assistance provided to a child with personal hygiene tasks that they would typically manage independently but require support due to age, disability, or medical conditions. This may include helping with dressing or undressing, changing nappies or incontinence pads, supporting toilet use, and cleaning after accidents involving soiling or vomiting. Additionally, it may involve assistance following activities such as water play, messy play, or illness-related incidents.

Practical Considerations

It is expected that most children are usually to be toilet trained before starting school, but we understand that levels of independence may vary. When accidents occur, pupils are encouraged to change themselves with verbal guidance from staff. If a child cannot manage personal care adequately, parents or a designated contact will be informed to assist.

Children in the Early Years Foundation Stage (EYFS) have unrestricted access to toilets and are supported in developing independence. Older pupils are expected to use the facilities during break periods.

Role of Parents/Carers

Parents/carers of all children provide consent for intimate care upon entry to EYFS. For children with ongoing incontinence concerns, parents must supply spare clothing and wet wipes. The school also keeps a supply of spare clothes to support these situations.

Role of Grafton Staff

Staff have access to a designated changing area equipped with hygiene essentials. When any pupil requires assistance due to soiling, a trained staff member will:

- Remove soiled clothing
- Clean the child's skin

- Provide clean clothing
- Seal soiled items in a plastic bag for collection by parents
- Staff ensure each child's privacy and comfort throughout the process, aiming to minimize distress.
- In cases of illness, parents will be contacted. If a child declines help, parents will be informed immediately.
- Staff offer positive reinforcement to encourage independence.

Additional Intimate Care Needs

Individual care plans will be established for pupils needing regular intimate care.

Specialist equipment and facilities will be provided when required, following professional assessment.

Staff will use the child's preferred method of communication and seek consent before offering assistance.

Support will be adapted to meet developmental changes such as puberty and menstruation.

Two members of staff are always present when changing a child who has soiled themselves.

Intimate care arrangements will be regularly reviewed and discussed with parents/carers.

Safeguarding and Child Protection

All intimate care procedures align with the school's safeguarding and multi-agency protocols. All staff members hold an up-to-date DBS check, and pupils will only receive intimate care from trained personnel. Volunteers are not authorized to perform intimate care. Any allegations against staff will be addressed according to safeguarding policies. The use of mobile phones and cameras is strictly prohibited in bathroom/changing areas.

Supporting Pupils with Disabilities

In compliance with the Disability Discrimination Act, Grafton Primary School ensures that no child with a disability is unfairly treated. Reasonable adjustments will be made to support pupils with disabilities and ensure their personal care needs are met appropriately.