

# Chadsmead Primary Academy

## Intimate Care (Toileting) Advice and Support

### **BEFORE STARTING SCHOOL**

School encourages parents to ensure their children are ready for school and can use the toilet when they start reception, including being familiar with intimate personal hygiene, flushing, hand dryers, buttons, zips, clothing fastenings etc so that they can be as independent as possible.

**Further support and information can be obtained about Potty Training at:**

**[www.eric.org.uk/potty-training/toilets-and-school-readiness](http://www.eric.org.uk/potty-training/toilets-and-school-readiness)**

### **Development Stages**

**Most children are ready to master potty independence and lead in many parts of the process from around 18 months.**

**Research shows it is better for your child's bladder and bowel health to stop using nappies between 18 and 30 months.**

**The majority of children will be capable of doing most things (wiping for example) by themselves when they start school.**

### **ATTENDING SCHOOL**

Staff allow children to access the toilet and encourage children to use the toilet at break and lunch time.

Staff encourage children to wait until break and lunchtime to prevent lost learning during learning time and to avoid groups of children being in the toilet at the same time.

Should children require the toilet during lesson times, children are encouraged to ask to leave the classroom to ensure a teacher knows where the child is.

Staff monitor and observe children's needs for their personal care during lesson times from Year 1 onwards, especially if regular occurrences of toilet visits during lessons occur as this may signal other needs.

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### **INITIAL CONCERN**

Staff discuss any concerns observed with the parent/carer and agree any additional support needs that may be required within class such as allowing water access in small quantities during the day or easier communication methods.

### **ASSESS**

Staff monitor the success of the agreements made and should they have any further ongoing concerns, discuss them with the SENCO

Staff complete further observations of toileting need over time to identify frequency, time and actions surrounding the needs of the child.

### **PLAN**

Staff meet with parents and SENCO to share observations that have been collated overtime and agree a formal pathway of support, which may include the involvement of external support agencies or medical professional advice such through the Families Health and Well Being Service (0 – 19).

**An Individual Risk Assessment and Individual Health Care Plan may be required for some children.**

### **DO**

Staff, Parents and Professionals work together to put strategies agreed in place and monitor the progress of child in response to the strategies agreed and any changes that occur as a result.

### **REVIEW**

A review of need is undertaken at the end of an agreed period in a discussion meeting with SENCO and parents/carer and professionals where appropriate.

**Any queries at any time, please contact Mrs Cadman ( SENCO)**

**Resources:**

**Potty training**

[www.eric.org.uk/potty-training/](http://www.eric.org.uk/potty-training/)

**Bed wetting over the age of 5 years**

[www.eric.org.uk/childrens-bladders/bedwetting/](http://www.eric.org.uk/childrens-bladders/bedwetting/)

**Night-time Wetting**

[www.eric.org.uk/advice-for-children-with-night-time-wetting/](http://www.eric.org.uk/advice-for-children-with-night-time-wetting/)

**Parent Podcast**

[www.eric.org.uk/podcast/episode-5-managing-toileting-issues-at-school/](http://www.eric.org.uk/podcast/episode-5-managing-toileting-issues-at-school/)

**Children's E-Book**

[www.heyzone.com/flip-book/b60230f136.html](http://www.heyzone.com/flip-book/b60230f136.html)

**Transition to High School**

[www.eric.org.uk/impact/young-champions/making-the-leap-to-secondary-school/](http://www.eric.org.uk/impact/young-champions/making-the-leap-to-secondary-school/)

**ERIC Helpline: 0808 1699 949**