Intimate Care Guidance For Schools / Resourced Centres

Intimate Care

This guidance has been developed in response to requests from schools who wish clear and supportive guidance to best support their learners with personal care.
The guidance includes a draft model & a suite of forms which will need to be adapted and personalised for your school setting.

What is intimate care?
Intimate care is a term used to describe activities involved in meeting the personal care needs of a child. It includes providing care which requires direct or indirect contact with, or exposure of, private parts of the body, such as:

- changing nappies, underwear, continence pads or sanitary wear
- helping a child use the toilet
- bathing, showering or washing
- **providing some forms of specialist medical care (such as inserting suppositories or pessaries, would not be supported in an educational setting)**

It can also involve other forms of physical care, sometimes referred to as 'personal care', including:

- feeding
- changing outer layers of clothing
- applying or administering external or oral medication to include creams. (Including Suncream)
- hair care
- washing non-intimate body parts
- prompting children to go to the toilet.

Further information can be sought: Intimate care of children | NSPCC Learning

Background:

The Disability Discrimination Act (DDA), which is subsumed within the Equality Act 2010, requires all education providers to re-examine all policies, consider the implications of the Act for practice and revise current arrangements. Considering historical practices that no longer comply with new legislation, changes will particularly be required wherever blanket rules about continence have been a feature of a school's policy for admitting a child below the statutory school age. Schools will also need to set in motion action that ensures they provide an accessible toileting facility if this has not previously been available. Any school policy that sets a blanket standard of continence, or any other aspect of development, for all children is discriminatory and therefore unlawful under the Act. All such issues have to be dealt with on an individual basis, and settings are expected to make reasonable adjustments to meet the needs of each child.

Asking parents of a child to come and change a child is likely to be a direct contravention of the Equality Act, whilst leaving a child in a soiled nappy, pants for any length of time pending return of the parent is a form of abuse.

The Governing Body will act in accordance with

- **Section 175 of the Education Act 2002;**
  Section 175 places a legal duty on these bodies to make arrangements for exercising their functions in a way that safeguards and promotes the welfare of children.
  Equality Act 2010;
  The Equality Act 2010 is a UK law that prohibits discrimination based on nine protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

283/2022 Keeping Learners Safe
Keeping learners safe. A summary version

- The Well-being of Future Generations | GOV.WALES
- ALN
- UNCRC
- Reducing restrictive practices framework | GOV.WALES

The Governing Body recognises its duties and responsibilities in relation to the Equalities Act 2010 which requires that any pupil with an impairment that affects his/ her ability to carry out day-to-day activities must not be discriminated against.

This intimate care guidance should be read in conjunction with all relevant schools' policies and documentation. Individualised Manual handling plans / risk assessments, Individual Development Plans as below:

Child Protection

There are **no regulations that indicate that a second member of staff must be available to supervise the changing process**. DBS checks are carried out to ensure the safety of the children.
If there is known risk of false allegation by a child or that the child is physically challenging, then a single practitioner should not undertake changing alone.

Schools could seek specialist advice regarding toilet training or special toileting arrangements for children within their care.

It is anticipated that existing staff will volunteer to support pupils with toilet training or special toileting arrangements in school and preschool. It is noted as part of the job descriptions that all teaching and classroom staff are required to "*Attend to the pupils' personal needs, and implement related personal programmes, including social, health, physical, hygiene, first aid and welfare matters*". When recruiting new staff it is important that duties relating to personal care are specified in the contract of employment.

Name of school: (Insert name of school)

Intimate Care Guidance

Rationale

It is our intention to develop independence in each child, however there will be occasions when help is required. Our intimate care guidance has been developed to safeguard children and staff. It is one of a range of specific policies that contribute to our pastoral care guidance. The principles and procedures apply to everyone involved in the intimate care of children. Information on intimate care should be treated as confidential.

There shall be a high awareness of child protection issues throughout the use of intimate care and staff behaviour must be open to scrutiny and staff must work in partnership with parents/carers and any other support agencies to provide continuity of care to children/young people wherever possible.

School staff are covered by local authority insurance; to provide Intimate Care, the guidance in conjunction with the pupil's Toileting Plan / Individual Health Care Plan (if applicable) should be agreed and recorded by the parents, health, education and any other agencies working with the family.

Children are generally more vulnerable than adults; and staff involved with any aspect of intimate and pastoral care need to be sensitive to their individual needs.

Intimate care can be defined as any care which involves washing or carrying out a procedure to intimate personal areas which most people usually carry out themselves, but some pupils are unable to do because of their young age, physical difficulties or other additional needs. Examples include care associated with continence, bodily fluids and menstrual management as well as more ordinary tasks such as help with washing, toileting or dressing.
Intimate care also provides opportunities for focused, positive, one-to-one interaction with a child. Whilst providing intimate care a child might tell you about something which has happened to them, or you may identify potential safeguarding concerns. If a child tells you something concerning, you notice changes in a child's behaviour, or you spot unexplained bruises or marks you should report your concerns to your nominated child protection lead immediately. Further details can be sourced from visiting NSPCC - https://learning.nspcc.org.uk/child-health-development/intimate-care
Please follow your Safeguarding procedures.

In most cases such care will involve cleaning for hygiene purposes as part of the staff's roles and responsibilities. (This relates to pupil, equipment and / or facilities).

Intimate care can be defined as any activity that is required to meet the personal needs of an individual child or Young Person on a regular basis or during a one-off incident.
Such activities can include and might be in conjunction with their Individual Healthcare Plan:

- feeding
- oral care
- washing
- changing clothes
- toileting
- applying creams
- Menstrual care

- first aid and medical assistance,
- Supervision of a child carrying out independent intimate self-care.

Parents have a responsibility to advise the school of any known intimate care needs relating to their child. (Appendix 1). If there is deemed that there is a need for an intimate care plan, consent must be sought by parents.

Schools must ensure that there is a strong transition system in place between School/Settings, and that parents are given the opportunity to discuss any intimate care needs during planned admission's meeting.

These aspects will also be monitored through the Annual Safeguarding Audit.

Principles of Good Practice in Intimate Care

The following are the fundamental principles of intimate care upon which our ~~policy~~ guidelines are based:

- All children have an educational entitlement irrespective of their difficulties with their independent intimate self-help skills
- every child has the right to be safe
- every child has the right to personal privacy
- every child has the right to be valued as an individual
- every child has the right to be treated with dignity and respect
- all children have the right to be involved and consulted in their own intimate care to the best of their abilities
- all children have the right to express their views on their own intimate care and to have such views taken into account
- every child has the right to have levels of intimate care that are appropriate and consistent
- Schools should work in partnership with parents/carers and external agencies in planning for toileting needs/ effective toilet training and any other intimate care needs, acknowledging that continence and independent toileting may not be achieved by some children.
- It is fundamental for schools and homes to have an effective relationship; whilst there is a need to provide Intimate Care for individuals. Parents may be required to collect their Child Young Person on some occasions where facilities may not be adequate within the school setting to provide the intimate care needed at that particular time.

School Responsibilities

All staff working with children will be subject to the usual safer recruitment procedures. This includes students on work placement and volunteers.
Vetting includes DBS checks at an enhanced level and two written references.

Only those members of staff who are familiar with the intimate care guidance and other pastoral care policies of the school are to be involved in the intimate care of pupils. It is good practice for schools to share the Intimate care guidance with Students. **However, it is not appropriate for students and volunteers to provide intimate care for any C/YP.**

Where anticipated; intimate care arrangements are agreed between the school and parents and if appropriate, by the child. Intimate care agreements are signed by the parent and stored in the child's file. Only in an emergency would staff undertake any aspect of intimate

care that has not been agreed between parents and school. Parents would then be contacted immediately.

Intimate care arrangements should be reviewed **AT LEAST** termly or if any given situations / circumstances change. The views of all relevant parties should be sought and considered to inform future arrangements.

If a staff member has concerns about a colleague's intimate care practice he or she must report this to the designated person for child protection.

School need to be considerate of any staff members who may have any underlying health conditions or during pregnancy where it would not be advisable for them to undertake intimate care.

Guidelines for Good Practice

The school will identify a suitable changing area for pupils, to enable the privacy of pupils to be maintained and to provide sufficient staff to safeguard the pupil. **It is recommended that where possible, intimate care is delivered by one person**; this ensures the dignity of the child/young person involved; however there maybe occasions where a risk assessment shows this to be an unsuitable arrangement and double staffing maybe required.

NB Only under exceptional circumstances would parents / carers be expected to attend school to support with their child's intimate care needs.

If the school is unable to provide adequate intimate care arrangements, then the parents / carer will be called upon, if this necessitates the child leaving the school site with the parent then there is an expectation that the parent will return the child to school to complete the school day.

All children have the right to be safe and to be treated with dignity and respect. These guidelines are designed to safeguard children and staff. They apply to every member of staff involved with the intimate care of children.

Young children and children with additional learning needs can be especially vulnerable. Staff involved with their intimate care need to be particularly sensitive to their individual needs.(School staff should consult with the individuals Individual Development Plan / One page profile / individual risk assessment etc)

1. **Involve the child / young person (C/YP) in the intimate care**

The child will be supported to achieve the highest level of autonomy that is possible given their age and abilities. Staff will encourage each child/ young person to do as much for themselves as possible. This may mean, for example, giving the child, young person the responsibility for washing themselves. Individual Toileting Plans will be drawn up for particular children, young people as appropriate to suit the circumstances.

Where a situation renders a child / young person fully dependent; talk about what is going to be done and provide choices where possible. Check your practice by asking the child /YP or parent about any preferences while carrying out the intimate care.

2. **Treat every child / YP with dignity and respect and ensure privacy appropriate to the child's / YP age and situation.**

Where appropriate, intimate care should always be delivered by one person; unless a risk assessment indicates otherwise.

3. **Make sure practice in intimate care is consistent.**

As a child /YP may have multiple carers a consistent approach to care is essential. Effective communication between all parties ensures that practice is consistent. Issues regarding complex areas would need to be explicit within the pupils Toileting Plan/ Individual Healthcare Plan, which must be referred to.

4. **Be aware of your own limitations**

Only carry out activities you understand and feel competent with.
If in doubt, ASK the Headteacher.
Some complex procedures must only be carried out by members of staff who have been formally trained and assessed.

5. **Promote positive self-esteem and body image.**

The approach you take to intimate care can convey lots of messages to a child YP about their body worth. Your attitude to a child's YP intimate care is important. Keeping in mind the child's age, routine care can be both efficient and relaxed.

6. **If you have any concerns you must report them.**
If you observe any unusual markings, discolouration or swelling, report it immediately to the designated person for child protection and record in the relevant observation log. Record this on the school's Internal system and / or IMS (Incident management system) which can be found on Ceri. If it is an immediate concern, it must be reported immediately to the DSP / Headteacher.

If a child is accidentally hurt during the intimate care or misunderstands or misinterprets something, reassure the child, ensure their safety and report the incident immediately to the designated person. Report and record any unusual emotional or behavioural response by the child. Follow Incident Management procedures and provide parents with details of the incident / accident on the same day.

If a child / YP becomes distressed or unhappy about the intimate care provided discussions should be held at the earliest opportunity. Alternations to the agreed arrangements may be required. Further advice will be taken from outside agencies if necessary.

If a child / YP or parent/carer makes an allegation against a member of staff, all necessary child protection procedures must be followed, and the designated person must be informed immediately; as will the LA's Named Safeguarding Officer. (See schools Child Protection Policy for details)
Contact the Clic Contact Centre and ask to speak to the Schools Safeguarding Officer or phone 01545 574000
The out of hours phone number is 0300 4563554
In an emergency ring 999 and ask for Police
Or contact socservs@ceredigion.gov.uk

Communication with Children / Young Person

It is the responsibility of all staff caring for a C/YP to ensure that they are aware of the C/YP's method and level of communication. Depending on their maturity and levels of stress C/YP may communicate using different methods - words, signs, symbols, body movements, eye movement and pointing, etc.

To ensure effective communication:

- make eye contact at the C/YP's level
- use simple language and repeat if necessary
- continue to explain to the child what is happening even if there is no response; and
- treat the child as an individual with dignity and respect.

Health and Safety Equipment Provision

Schools are responsible for the disposal of all nappies / pads used by pupils within their school setting / resourced centres.
NB. It would not be appropriate for schools to send used nappies / pads home at the end of the school session.

Parents should provide clean change of clothing, nappies, disposal bags, wipes etc and parents must be made aware of this responsibility.

Schools are responsible for providing non-latex disposable gloves, disposable aprons (if required), bin and liners to dispose of waste.

Up to three nappies can be disposed of per day per site via domestic waste (black bin).

If an increase in units are foreseen (More than three nappies per day), waste disposal contracts will need to be obtained via Paul Williams (Facilities Manager for Ceredigion).

Contact details -
Paul Williams Paul.Williams@ceredigion.gov.uk 01970633900
or
Shaun Bethell Shaun.Bethell@ceredigion.gov.uk 01970633900

Staff should always wear an apron and gloves when dealing with any child / young person who is bleeding, wet or when changing a soiled nappy.

Disposal of the soiled nappies / pads should be discussed during admission's meeting / and noted on the Toileting Plan.

Intimate Care Checklist for Schools
More than 3 nappies / pads per day
Any soiled waste (nappies and all used equipment) should be placed in a polyurethane waste disposal bag, which must be sealed.
Disposed of using the bin provided through Waste disposal contract.

Recording the use of Intimate Care:

Where it is agreed that intimate care will be required for a child / Young Person, an agreement between parents and the school will be completed.

This agreement will detail what care is to be provided and by whom.

There should be more than one named person (see appendix 1)

Alongside this, parents and the school will work together to complete a toileting plan for the Child / Young Person (see appendix 2)

For each use of intimate care staff will record using the personal care intervention log (see appendix 3)

Where there are particular issues which might indicate a need for the intimate care to be delivered by two members of staff; a risk assessment must be completed and retained on the child's / young person's record eg: manual handling, safeguarding issues (see appendix 4)

Intimate care agreements must be reviewed on a regular basis according to the developing needs of the child / Young Person; this should take place at least on a termly basis and the toileting plan will then be updated as required.

Review
This guidance will be reviewed annually.

	Name	Signature	Date
Chair of Governors			
Head Teacher			

Review Date	

30th April 2026

Appendix 1

Agreement and Consent to the use of Intimate Care for a Child/Young Person

The purpose of this agreement is to ensure that both parents/carers and professionals are in agreement with what care is to be given and that staff have received any appropriate training that may be relevant.

When the parent/carer and/or professionals are agreed that there is a need for intimate care to be provided, the details will be recorded fully below and all parties must sign this record and be provided with a copy; an additional copy is to be retained on the child's / Young person's file in school and where appropriate a copy is to be provided for the child's medical record.

Child / Young Person's Name:	D.O.B.	Date of Agreement
Reasons why intimate care is to be provided:		
Who will provide this care (for staff members please give details names and designation of those staff who will be providing care):		
Can the care be provided by one member of staff?	Yes	No
Details of care to be provided: (If the care requires more than one member of staff, please provide details)		
Consent provided by:		
Child/Young person (if appropriate)		
Parent/carer name:		
Parent/carer name:		
Agreement signed by:		
Parent/carer name:		
Parent/carer name:		
Staff & designation:		
Staff signatures:		
Date agreement to be reviewed:		
Review date:		
Outcome of review to be recorded:		

Appendix 2

Toileting Plan

Child / Young Person's Name	D.O.B.	Date Agreed

	Details	Action
Working Towards Independence: e.g. taking child/young person to toilet at timed intervals, using sign or symbols, any rewards used		
Arrangements for nappy/pad changing: e.g. who, where, when, arrangements for privacy		
Staffing Requirements: e.g. who,(there should be more than one named person noted here in case of absence etc)		
Level of Assistance Needed: e.g. undressing, dressing, hand washing, talking/signing to child/young person		
Infection Control: e.g. wearing disposable gloves, arrangements for nappy/pad disposal. The need to clean and ensure the equipment / area is cleaned. (** A reminder that e-learning training is available)		
Resources Needed: e.g. special seat, nappies/pull ups/pads, creams, disposable sacks, change of clothes, toilet step etc		
Sharing Information: eg if child/young person has nappy rash or any marks, cultural or family customs, birthmarks etc		

Date of Plan	
Child / Young Person (if appropriate)	
Parent Name	
Parent Signature	
Staff Name	
Staff Signature	
Review Date	

Appendix 3

Record of Intimate Care Provided

Child / Young Person's Name	D.O.B.	Date of IC agreement

*** Staff should ensure good hygiene, eg wash hands and surfaces before and after care ***

Date	Time	Care provided	Staff involved	Signature	Comments

Appendix 4

Tîm Iechyd a Diogelwch
Health and Safety Team

Ffurflen Asesiad Risg Cyffredinol / General Risk Assessment Form

***Adran*/Department**		***Rhif Asesu* / Assessment No:**	
***Adain* /Section**		***Dyddiad* /Date:**	Cliciwch neu daro yma i deipio dyddiad.
***Asesydd*/Assessor:**		***Swydd*/Position:**	

Gweithgaredd / Proses
Activity / Process

Nifer a Phobl mewn Perygl
Number & Persons at Risk

	Gweithwyr Employees	*Eraill* Others	*Disgyblion* Pupils
1	☐	☐	☐
2-5	☐	☐	☐
6-9	☐	☐	☐
10+	☐	☐	☐

☐	*Gweithiwr* / Employee	☐	*Gweithiwr unigol* / Lone Worker
☐	*Yn trin arian* / Handles Money	☐	*Contractwr* / Contractor
☐	*Oriau anghymdeithasol* Unsociable hours	☐	*Ymweld â safle* / Visit Premises
☐	*Delio â'r cyhoedd*/ Deal with the public	☐	*Staff ifanc sy'n agored i niwed* / Young vulnerable staff
☐	*Person Ifanc* / Young Person	☐	*Cyhoedd/Client* / Public / Client
☐	*Disgybl Ysgol Babanod* / Infant School pupil	☐	*Disgybl Ysgol Gynradd* / Primary School Pupil
☐	*Disgybl Ysgol Uwchradd* / Secondary School Pupil		

Perygl sy'n Ymwneud â'r Gweithgaredd / Proses
Hazard Involved In the Activity / Process

Mesurau / Rheolaethau Diogelwch Presennol

Existing Safety Measures / Controls

Y Risg(iau) Gweddilliol (Ar ôl mesurau rheoli)	**The Residual Risk(s) (After control measures)**
Os nad oes rhai, ysgrifennwch "Rheolaethau yn ddigonol" isod. Os oes risgiau'n dal i fodoli, nodwch isod a graddiwch y risg(iau) gweddilliol.	If there are none, write "Controls adequate" below. If risks still exist, detail below and rate the residual risk(s)

	Tebygolrwydd Likelihood	**x**	**Difrifoldeb Severity**	**=**	**Graddfa Rating**
		x		=	
		x		=	
		x		=	
		x		=	

***Tebygolrwydd* Likelihood**		***Difrifoldeb* Severity**		***Graddfa* Risk Rating**	
1	*Prin* Rare	1	*Dibwys* Insignificant	1-5	*Y risg leiaf – Cynnal mesurau* Minimal risk – Maintain measures
2	*Annhebygol* Unlikely	2	*Bach* Minor	6-10	*Risg isel – Adolygu risgiau* Low risk – Review risks
3	*Posibl* Possible	3	*Cymedrol* Moderate	11-15	*Risg gymedrol – Rheolaethau ychwanegol mewn 12 mis* Moderate risk – Additional controls in 12 months
4	*Tebygol* Likely	4	*O bwys* Major	16-25	*Risg Uchel – Gweithredu rheolaeth ychwanegol ar unwaith* High Risk – Additional control implemented immediately
5	*Bron yn sicr* Almost certain	5	*Trychinebus* Catastrophic		

Gweithredu rheolaethau a monitro / Implementation of controls and monitoring

Mae angen rheolaethau ychwanegol i leihau risg(iau) islaw graddfa risg o 5 /
Additional controls required to reduce risk(s) below risk rating of 5

Cytunwyd ar reolaethau ychwanegol Do / Naddo (Os Do, manylwch ar y Camau i'w cymryd)
/
Additional controls agreed Yes / No (If Yes, detail the Action to be taken)

Dyddiad targed ar gyfer gweithredu Target date for implementation	*Llofnod – Rheolwr Llinell Cyfrifol / Pennaeth Cyfrifol* Signature – Responsible Line Manager / Head Teacher
Cliciwch neu daro yma i deipio dyddiad.	

Adolygiad asesu / Assessment review

Dyddiad gweithredu Date implemented:	Cliciwch neu daro yma i deipio dyddiad.	*Rheolaethau yn Effeithiol* Controls Effective	*Ydyn / Nac ydyn* Yes / No
Sylwadau / Comments:			

Dyddiad targed ar gyfer gweithredu Target date for implementation	*Llofnod – Rheolwr Llinell Cyfrifol / Pennaeth Cyfrifol* Signature – Responsible Line Manager / Head Teacher
Cliciwch neu daro yma i deipio dyddiad.	

Appendix 5

Annwyl Rieni/Gofalwyr,

Ysgrifennaf atoch i rannu gwybodaeth bwysig ynghylch 'parodrwydd ar gyfer yr ysgol', sy'n berthnasol i'n holl ysgolion ar draws Ceredigion.

Ein nod yw sicrhau ein bod yn hyrwyddo datblygiad cyfannol pob plentyn, sy'n golygu ein bod yn cefnogi pob disgybl gan gynnig profiadau cyfoethog a chadarnhaol iddynt, tra byddant yn yr ysgol. Fodd bynnag, dros y blynyddoedd diwethaf bu cynnydd sylweddol, yn lleol ac yn genedlaethol, yn nifer y plant sy'n dechrau'r ysgol yn dal i wisgo cewynnau neu bants '*pull up*'.

Yn unol â chanllawiau'r GIG, y disgwyliad yw na fydd plant sy'n dechrau'r ysgol yn gwisgo cewynnau na phants '*pull up*'.

Rydym yn cydnabod bod pob plentyn yn wahanol ac yn datblygu ar wahanol adegau. Fodd bynnag, mae parodrwydd i ddefnyddio'r toiled cyn dechrau'r ysgol yn bwysig ar gyfer cysur, annibyniaeth, hyder a lles plant. I'r rhai hynny sydd angen mwy o amser neu gymorth ychwanegol, byddwn yn ymrwymo i weithio'n agos gyda chi i gefnogi anghenion eich plentyn. Mae dechrau'r ysgol yn newid mawr, a gall dysgu sgil newydd ar yr un pryd fod yn heriol i chi a'ch plentyn. Rydym yn annog teuluoedd i ganiatáu digon o amser ar gyfer hyfforddiant defnyddio'r toiled fel bod straen yn cael ei gadw i'r lleiafswm a bod modd cael cymorth os oes angen.

Mae defnyddio'r toiled yn golygu bod eich plentyn yn gallu adnabod pryd mae angen y toiled a'i ddefnyddio'n annibynnol, ond rydym yn cydnabod bod damweiniau yn medru digwydd. Bydd unrhyw ddamweiniau yn yr ysgol yn cael eu trin yn gyflym, yn dawel ac yn sensitif.

Os oes angen cefnogaeth arnoch i ddysgu'ch plentyn sut i ddefnyddio'r toiled, cysylltwch â'ch ymwelydd iechyd, Hwb ymwelwyr iechyd ar 0300 3038322 neu'ch meddyg teulu, a fydd yn gallu eich cyfeirio at y gefnogaeth briodol.

Gellir cael cefnogaeth teuluol hefyd gan *Dechrau'n Deg Ceredigion* sy'n cynnig sesiynau cymorth 1-i-1 a sesiynau grŵp, ble y gwelir hysbysebion am y sesiynau penodol hynny ar eu hysbysfwrdd rhianta a chymorth teuluoedd o dan y ddolen hon.

Gellir cael cymorth a chyngor ychwanegol trwy'r ddolen yma hefyd sy'n cynnwys gwybodaeth defnyddiol gan Elusen y Coluddyn a'r Bledren i Blant ERIC.

Diolchwn i chi am eich cydweithrediad a'ch dealltwriaeth ar y mater hwn a gofynnwn yn garedig am eich cefnogaeth i sicrhau bod eich plentyn yn gallu defnyddio'r toiled cyn dechrau'r ysgol, gan gofio bod yna gefnogaeth ar gael.

Yn gywir,

30th April 2026

Appendix 5

Dear Parents/Guardians,

I am writing to share important information with you regarding 'school readiness', which is relevant to all school settings across Ceredigion.

Our goal is to ensure that we promote each child's holistic development, which means that we support and nurture every pupil and provide them with a positive and enriching experience, whilst at school. However, over the past few years there has been a noticeable increase in the number of children starting school still in nappies or pull-ups, both locally and nationally.

In line with NHS guidelines, the expectation is that children starting school will not be wearing nappies or pull ups.

We recognise that every child is different and develops at their own pace. However, being toilet trained before starting school is important for children's comfort, independence, confidence and wellbeing. For those who may need additional time or support, we are committed to working closely with you to support your child's needs.
Starting school is a big transition, and learning a new skill at the same time can be challenging for both you and your child. We encourage families to allow enough time for toilet training so that stress is kept to a minimum and support can be accessed if needed.

Being toilet trained means your child can recognise when they need the toilet and use it independently, but we understand that accidents happen. Any accidents at school will be dealt with quickly, calmly and with sensitivity.

If you require support in potty training, please contact your health visitor, the health visiting Hub on 0300 3038322 or your GP, who will be able to direct you to support. Ceredigion Flying Start also support families and offer 1-2-1 and group support sessions, with specific sessions being advertised on their parenting and family support noticeboard, which you can find here.

Additional support and guidance is also available here, including excellent advice from ERIC The Children's Bowel and Bladder.

We thank you for your cooperation and understanding on this matter and kindly ask for your support in ensuring that your child is toilet trained in readiness for school, remembering that there is support available.

Sincerely,

30th April 2026

30th April 2026