



## Sleeps and Bathrooms at Daisy Nursery

It's the nuts and bolts of nursery life that often get forgotten in glossy brochures but these areas are just as important to get right to help children feel comfortable, safe and familiar with us.

We've purposefully chosen to keep or plumb in adult height toilets exactly like your child will experience at home, at grandparents and in the wider world. We make sure we provide clean and simple child seats and footstools, regularly checked toilet paper and paper towel dispensers and we encourage older children to remember to flush and then wash their hands independently. Regular cleaning checks are made by all the staffing team, but especially the Room Leaders and Management.

Our nappy changing areas are setup to reinforce the idea of going to a bathroom for toileting, and enables us to promote children learning about hand washing even at the nappy changing stage. Where possible your child's Key Person will be responsible for nappy changing throughout their sessions with us, and later on for keeping you updated with potty training progress and any accidents. You will be asked to bring in nappies and wipes for your child (as every parent has a different preference and this is another way we treat all children as individuals) and we provide Sudocrem and apply each and every change as a preventative barrier, however if you would prefer to provide another alternative we will ensure your preference is used instead.



Key People prepare the nappy changing area by ensuring it is completely clean, and that they have your child's nappy box to hand. They will then wear an apron and gloves and ask your child if they can change their nappy. Throughout the process Key People talk and engage your child in what they are doing, they sometimes sing, sometimes play counting games and sometimes talk about everyday things such as "what shall we explore in the garden today?"

Sometimes there will be accidents both when your child is in nappies and when they are potty training, these are easily dealt with and we ask that all parents bring in spare clothes in their child's nursery bag so we can change them where necessary.

We work with you to decide best when your child is ready or showing signs of potty training however our experience and research indicate there are optimum periods of time when children in normal circumstances are ready to start the process. We are always on hand to discuss this if you would like any advice. After a concerted period of training at home please bring in even more spare pants/knickers and clothing than usual and discuss with your child's Key Person which approach you have decided to take. Does your child like to use the potty? Have they gone straight onto using the toilet? Would you like to provide a sticker chart or would you like us to find an appealing one for your child to use at nursery? Remember Rome wasn't built in a day – we will work together with you. With less experienced trainees we will wipe, with more experienced children and as part of school readiness, we will expect and encourage them to wipe then we check. We encourage and remind children to wash hands using soap and dry with paper towels and at every opportunity adults role model and talk about good washing techniques.



We encourage children learning to use the potty or toilet to communicate with us when they need to go, we intermittently ask and prompt if we feel a certain time has passed, but do not believe in hourly, or less, visits as this leads to a twitchy bladder which does not learn to "hold on". Our ultimate aim is that children go to the bathroom unaccompanied and are able to carry out a full care routine including washing their hands and flushing by the time they leave us for school.



Children in all our suites have spaces they can sleep comfortably in, from our Baby specific cot rooms with each child's bed readymade each day with their own sheet, blanket and comforters, to our Toddlers and younger Pre-School who nap on raised bunks with their own blanket and comforters if needed, in darkened quiet rooms with soft, often classical, music playing.

Again, we work with you and what your baby or child likes and is familiar with, to reduce any distress when settling into nursery. In some cases parents prefer their baby to nap in the bouncy chair in the Baby room, and in some cases parents prefer us to put their baby to bed in their cot at consistent times each day. We record our regular cot room sleep checks so we have accurate information to give you at the end of session handover about how much time your child has slept. We also check position of the younger babies sleeping in their cots after being put in a "feet to foot" position, and for the toddlers and pre-school children napping, there is always a member of the staffing team on hand when they awake for cuddles and to help them redress if trousers were taken off for more comfortable sleeping wear. The nursery provides bedding and launders it all regularly, but we welcome any grow-bags or sleep routine tips you can share with us.