



Parental Resource

Supporting Development Through Personal Care, Intimate Care & Toilet Training

Care routines are an important part of your child's day in nursery. These moments support more than physical wellbeing — they help children feel safe, build confidence, and develop essential skills for independence.

Our approach is always guided by our policies, which can be found on this page. The information below explains how these routines support your child's learning and development while they are with us.

Personal Care & Intimate Care

Why this matters

Young children learn best when they feel safe, respected and cared for. Personal and intimate care routines help children develop trust, emotional security and body awareness.

How care routines support learning in nursery

Through everyday personal care routines, children are supported to:

- Develop emotional security by experiencing calm, predictable care from familiar adults
- Build communication skills as adults talk with children about what is happening, giving children words for feelings, needs and body awareness
- Increase independence by encouraging children to take part in small ways, such as lifting arms, pulling clothing up or helping with handwashing
- Develop self-esteem as care is given respectfully, helping children feel confident about their bodies and personal needs

These routines are also valuable one-to-one moments, supporting strong relationships that help children feel confident to explore, play and learn.

How consistency helps your child

When children experience similar approaches at home and nursery, they feel more secure and confident. Consistent language, routines and expectations support children to understand what to expect and how to look after themselves.

Further support for parents

If you would like practical advice about caring for your child's skin, nappy care or personal hygiene, the following trusted resources may be helpful:

- [NHS – Caring for your baby and toddler](#)
- [NHS – Handwashing and hygiene for children](#)



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Toilet Training & Independence

Why this matters

Learning to use the toilet is an important step towards independence. It supports physical development, self-confidence and readiness for future transitions, including school.

How toilet routines support learning in nursery

Toilet routines in nursery help children to:

- Develop independence as they practise recognising body signals and managing clothing
- Build confidence by being supported calmly and positively, without pressure or shame
- Develop physical skills such as balance, coordination and fine motor control
- Learn self-care routines including handwashing and recognising when they need adult support

Children are supported at their own pace, with adults responding to individual needs and stages of development.

How consistency helps your child

Children make progress more easily when home and nursery work together. Sharing information, routines and language helps children feel confident and reduces anxiety around toileting. Accidents are a normal part of learning and are supported calmly and sensitively.

Further support for parents

There is lots of helpful, evidence-based guidance available for families:

- [ERIC – The Children’s Bowel & Bladder Charity \(potty training and toileting support\)](#)
- [NHS – Toilet training guidance for toddlers](#)
- [Health visiting services for additional personalised support](#)

Working in partnership

We value strong partnerships with parents and carers. If you have questions, concerns or changes to share about your child’s personal care or toileting needs, please speak with your child’s key person.

For more detailed information about how care routines are managed in nursery, please refer to our policies.