

1.13 Intimate Care Policy

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1.13 Intimate Care Policy

Policy Statement

At Miss B's Nursery, we recognise that all children have the right to feel safe, respected, valued and treated with dignity. We are committed to providing intimate care in a sensitive, respectful and professional manner that promotes children's independence while safeguarding their welfare.

We understand that intimate care is an essential part of supporting children's health, wellbeing and development. Every child has the right to privacy regardless of their age, gender, disability, culture or religion.

All intimate care will be carried out in accordance with the Early Years Foundation Stage (EYFS), safeguarding legislation and our Safeguarding and Child Protection Policy.

Aim

This policy aims to:

- Safeguard children.
 - Protect staff from allegations or misunderstandings.
 - Promote children's dignity and privacy.
 - Encourage children's independence.
 - Ensure consistency of practice.
 - Work in partnership with parents and carers.
 - Meet statutory safeguarding requirements.
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What is Intimate Care?

Intimate care includes any care involving:

- Nappy changing.
- Toilet support.
- Assisting with toileting.
- Cleaning after accidents.
- Changing soiled clothing.

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- Supporting children with continence needs.
- Washing intimate body areas.
- Applying barrier creams supplied by parents.
- Assisting with dressing or undressing where necessary.

It may also include supporting children with medical needs that require intimate care in accordance with an Individual Healthcare Plan.

Principles

Staff will always:

- Treat every child with dignity and respect.
 - Explain what they are doing in an age-appropriate way.
 - Encourage children to do as much as they can independently.
 - Respect children's privacy.
 - Never force a child unnecessarily.
 - Maintain professional boundaries.
 - Reassure children throughout care.
 - Respond promptly when intimate care is needed.
 - Ensure children's emotional wellbeing is prioritised.
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Promoting Independence

Children will be encouraged to:

- Pull clothing up and down independently.
- Wash and dry their own hands.
- Flush the toilet where appropriate.
- Wipe themselves when developmentally ready.
- Recognise when they need the toilet.
- Change clothing with appropriate support.

Staff will provide encouragement rather than taking over tasks children are capable of completing themselves.

Nappy Changing Procedure

Nappy changes are completed whenever required and children are never left in a soiled nappy unnecessarily.

During every nappy change staff will:

- Wash and dry their hands before putting on disposable gloves and apron.
 - Prepare all equipment before beginning.
 - Explain to the child what is happening.
 - Never leave a child unattended on the changing mat.
 - Clean the child from front to back.
 - Use wipes provided by the nursery or by parents.
 - Apply creams only where written parental permission has been obtained.
 - Place used nappies into a nappy sack before disposing of them in the designated clinical waste bin.
 - Remove gloves and apron safely.
 - Wash both their own and the child's hands.
 - Clean and disinfect the changing mat after every use.
 - Record the nappy change on the child's daily record where appropriate.
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Toilet Support

Staff will:

- Respect children's privacy.
- Remain nearby while ensuring children are safe.
- Offer reassurance.
- Support only as much as necessary.
- Encourage independence at every opportunity.
- Praise children's achievements.

Children will never be criticised or made to feel embarrassed if they have an accident.

Toilet Accidents

If a child has an accident:

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Staff will:

- Remain calm and reassuring.
- Protect the child's dignity.
- Clean the child thoroughly.
- Place soiled clothing into a sealed bag for parents.
- Help the child into clean clothes.
- Clean and disinfect any contaminated area immediately.
- Record repeated accidents where appropriate.

Parents will be informed of any significant accidents or concerns.

Barrier Creams

Barrier creams may only be applied:

- With written parental consent.
- Using cream supplied by parents (unless nursery supplied under agreement).
- Following the manufacturer's instructions.
- Wearing gloves.
- Recording the application where required.

Medication creams prescribed by a GP will be administered in accordance with the Medication Policy.

Children with Additional Needs

Some children may require additional intimate care because of:

- Disabilities
- Medical conditions
- Developmental delay
- Temporary injury

Where ongoing intimate care is required, an Individual Intimate Care Plan will be developed with parents and, where appropriate:

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- Health Visitors
- Community Nurses
- Occupational Therapists
- Physiotherapists
- Other healthcare professionals

The plan will include:

- The child's usual routine.
 - Level of assistance required.
 - Equipment needed.
 - Hygiene requirements.
 - Emergency procedures.
 - Parent and professional agreement.
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Safeguarding

Intimate care presents opportunities for children to feel vulnerable; therefore staff must always maintain the highest professional standards.

Staff must:

- Follow safeguarding procedures at all times.
- Report any safeguarding concerns immediately.
- Record any unexplained marks, bruises or injuries.
- Never photograph intimate care.
- Never use personal mobile phones.
- Never discuss children's intimate care inappropriately.
- Maintain confidentiality.

If a child makes a disclosure during intimate care, staff will:

- Listen carefully.
 - Reassure the child.
 - Avoid asking leading questions.
 - Record exactly what was said.
 - Report immediately to the Designated Safeguarding Lead.
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Professional Conduct

Staff will never:

- Use inappropriate language.
 - Humiliate a child.
 - Rush intimate care unnecessarily.
 - Force a child.
 - Leave a child unattended on a changing unit.
 - Carry out unnecessary intimate contact.
 - Take photographs.
 - Use their mobile phone during care.
 - Discuss children inappropriately.
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Staffing

Wherever possible:

- A familiar member of staff should provide intimate care.
- Children should not routinely be cared for by changing staff unnecessarily.
- Staffing arrangements should respect children's preferences where practical.
- All practitioners providing intimate care must receive induction and appropriate safeguarding training.

Parents and Carers

Parents will be:

- Informed of our intimate care procedures during registration.
- Asked to provide nappies, wipes and spare clothing, if they have an alternative preference.
- Asked to provide written permission for creams.
- Encouraged to discuss toilet training with key persons.
- Informed of any significant concerns.

The nursery will work in partnership with parents to ensure consistency between home and nursery.

Hygiene

Staff will always:

- Wear disposable gloves.
 - Wash hands before and after intimate care.
 - Wash the child's hands after toileting or nappy changing.
 - Clean changing mats after every use.
 - Dispose of waste appropriately.
 - Follow infection prevention procedures.
 - Wear appropriate PPE when handling bodily fluids.
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Record Keeping

The nursery may record:

- Nappy changes (where part of daily communication).
- Application of creams.
- Continence concerns.
- Significant toileting accidents.
- Any injuries or safeguarding concerns.

Records will be stored confidentially.

Allegations Against Staff

If an allegation or concern arises relating to intimate care:

- The safety of the child will be prioritised.
 - The Designated Safeguarding Lead will be informed immediately.
 - Appropriate safeguarding procedures will be followed.
 - External agencies will be contacted where required.
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Equality and Inclusion

Intimate care will always be delivered without discrimination.

The nursery will respect:

- Religion
- Culture
- Disability
- Gender
- Family beliefs

Reasonable adjustments will always be made where required.
