

INTIMATE CARE POLICY

Policy statement:

Intimate care is an important, necessary, and essential aspect of the care we provide throughout the day. This may include nappy-changing, supporting children with toileting, changing clothes, administering first aid, and providing cuddles and physical reassurance.

We are committed to providing a safe, respectful, and hygienic environment for all children, that ensures children are treated with dignity and maintains their privacy.

Procedure: (how I will put the statement into practice)

1. Preparation

- Ensure that all necessary supplies are ready and available (nappies, wipes, gloves, changing mats etc.).
- Wash hands thoroughly and wear appropriate PPE (disposable gloves. Aprons etc.).

2. During nappy changes and toileting

- Explain the process to the child, including always asking permission from the child 'Shall we change your nappy?'.
- Make sure that the child is safe and secure.
- Removed soiled nappy/underwear and gently clean the skin (with wipes or a damp cloth).
- If required and recorded in the child's care plan, apply any necessary cream or ointment.
- Put on a clean nappy or underwear and redress child or support them to redress themselves if developmentally appropriate.
- Enable a two-way exchange with parents so that information is shared about nappy changing and toilet training in a way that suits the parents and meets the child's needs.
- Parents will be engaged in potty training and supported to continue potty training with their child at home.

3. Respect and dignity

- Always maintain the child's privacy and dignity. During intimate care routines, this will include either ensuring the changing area is discreet or by appropriate body placement to shield the child, whilst balancing the needs to safeguard children and staff.
- Provide reassuring cuddles when sought by a child who needs comfort. This is essential to support their emotional development.

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- Use positive, comforting language throughout the process.
- Respect the child's personal preferences and cultural practices.
- Ensure that all staff undertaking intimate care routines have suitable enhanced DBS checks.

4. Record keeping

- If a child is unwell, I will document the time of each nappy change, the condition of the nappy, and any observations of the child's health.

5. Safety

- Ensuring that I have an up-to-date understanding of safeguarding/child protection and how to protect children from harm. This will include identifying signs and symptoms of abuse and how to raise these concerns as set out in the safeguarding/child protection policy.
- Operate a whistle-blowing policy to ensure everyone involved with the setting has the confidence and knowledge to raise any concerns that they may have, to ensure children are safeguarded.
- Conduct regular risk assessments including for intimate care routines and review safeguards that we have in place.

If parents/carers have any concerns or questions about intimate care procedures and routines, please talk to us/me as soon as possible.

This policy should be read in conjunction with my Safeguarding, and Whistleblowing policies.

Date policy was written	12 Aug. 25
This policy is due for review on the following date	12 Aug. 26
Policy reviewed	12 th August 2026

This policy supports the following Early years foundation stage statutory framework for childminders requirements:

Section 3 – Safeguarding and welfare requirements



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- Health
- Concerns about children's safety and welfare
- Toilets and intimate hygiene