



Respectful Intimate Care Policy

At Little Explorers Day Nursery and Preschool, we are committed to ensuring that all children receive respectful, sensitive, safe, and responsive care which supports their emotional wellbeing, dignity, health, and development. We recognise that intimate care is an essential part of a child's daily routine and must always be carried out in a way that promotes children's rights, independence, privacy, and safeguarding.

We believe that children thrive when they have warm, nurturing, and consistent relationships with familiar adults. Through our key person approach, we support children to feel safe, secure, valued, and emotionally supported whilst maintaining clear professional boundaries at all times.

This policy outlines how we ensure intimate care routines are carried out safely, respectfully, and in partnership with parents/carers, whilst protecting both children and staff.

Definition of Intimate Care

Intimate care includes any care task which involves supporting a child with personal or private care needs. This may include:

- Nappy changing
- Supporting children with toileting and toilet training
- Changing wet or soiled clothing
- Washing and cleaning children
- Providing comfort and reassurance
- Supporting sleep and rest routines
- Applying creams where parental consent has been obtained
- First aid treatment
- Administering medication or specialist medical support
- Supporting children with EAL
- Supporting children with disabilities, SEND, or medical needs requiring personal care

Intimate care may involve close physical contact with children and must always be carried out respectfully, sensitively, and professionally.

Our Principles

At Little Explorers we will:

- Treat all children with dignity, respect, and compassion
- Promote children's emotional wellbeing and sense of security
- Support children's growing independence and self-care skills
- Respect children's privacy and individual needs
- Ensure intimate care routines are carried out safely and hygienically

- Safeguard children and staff at all times
- Work closely in partnership with parents/carers
- Make reasonable adjustments to support inclusion and accessibility in line with the Equality Act 2010
- Ensure all staff understand their safeguarding responsibilities

No child will ever be forced, rushed, shamed, humiliated, or punished in relation to intimate care or toileting accidents.

Key Person Approach

We recognise the importance of strong attachments and consistent care. Wherever possible, intimate care routines will be carried out by the child's key person or another familiar member of staff.

The key person system helps children to:

- Feel emotionally secure
- Build trusting relationships
- Develop confidence and independence
- Experience consistent and responsive care

Parents/carers will be informed of the key person system and how it supports their child's care and wellbeing.

Safeguarding and Professional Conduct

All staff have a duty to safeguard and promote the welfare of children.

Staff carrying out intimate care routines must:

- Hold appropriate enhanced DBS clearance and safer recruitment checks
- Follow the nursery's Safeguarding and Child Protection Policy
- Maintain professional boundaries at all times
- Undertake regular safeguarding and child protection training
- Understand whistleblowing procedures
- Report any safeguarding concerns immediately
- Follow safe working practice guidance

Staff must always remain vigilant to signs or indicators of abuse or neglect during intimate care routines, including:

- Unexplained bruising, marks, soreness, or injuries
- Changes in behaviour or presentation
- Distress or fear relating to intimate care
- Inappropriate sexualised behaviour or language
- Comments or disclosures made by the child

Any concerns must be recorded and reported immediately to the Designated Safeguarding Lead (DSL) in line with the nursery's safeguarding procedures.

Any allegation or concern relating to a member of staff will be managed in line with the nursery's Allegations Against Adults Procedure and may be referred to the Local Authority Designated Officer (LADO).

Safe Intimate Care Practice

Staff will ensure intimate care routines are carried out:

- Respectfully and sensitively
- In a calm and reassuring manner
- At the child's pace wherever possible
- In an age and developmentally appropriate way
- Whilst promoting children's dignity and privacy
- Whilst maintaining appropriate safeguarding visibility and accountability

Staff will:

- Explain to the child what they are doing in an age-appropriate way
- Encourage children to participate and develop independence skills
- Reassure children where necessary
- Respect children's wishes and comfort levels where possible

Children will never be left unattended during nappy changing or intimate care routines.

Environment and Supervision

The nursery ensures intimate care is carried out in a safe and appropriate environment.

Staff will:

- Maintain an appropriate balance between privacy and safeguarding
- Ensure colleagues are aware when intimate care routines are taking place
- Use changing areas appropriately and safely
- Avoid fully closed or isolated situations wherever possible
- Ensure changing areas remain clean, hygienic, and safe

Where possible, visibility will be maintained through appropriate safeguarding measures such as open areas, viewing panels, half doors, or staff awareness, whilst preserving the child's dignity.

Hygiene and Infection Control

The nursery follows strict hygiene procedures during all intimate care routines.

Staff will:

- Wash hands before and after intimate care procedures
- Wear disposable gloves and aprons where appropriate
- Clean and disinfect changing areas and equipment after use
- Dispose of nappies and contaminated waste safely
- Follow infection prevention and control procedures
- Follow the nursery's Health and Safety and Infection Control policies

Children will be supported to develop good hygiene habits, including handwashing and toileting routines.

Toileting and Toilet Training

We work closely with parents/carers to support children's toileting and toilet training needs in a consistent and sensitive manner.

Staff will:

- Follow the child's individual stage of development
- Avoid pressure or punishment
- Celebrate progress positively
- Respect accidents and setbacks as a normal part of development
- Maintain confidentiality and dignity

Parents/carers are encouraged to share information about routines, language used at home, and any concerns or support needs.

SEND, Medical Needs and Individual Care Plans

Where children have SEND, disabilities, medical conditions, or additional intimate care needs, the nursery will work closely with parents/carers and relevant professionals to ensure appropriate support is in place.

Where required, an individual intimate care plan will be developed which may include:

- The child's specific care needs
- Agreed routines and procedures
- Medical requirements
- Staffing arrangements
- Training requirements
- Equipment needs
- Consent arrangements
- Safeguarding considerations

All staff involved will receive appropriate information, guidance, and training.

First Aid and Medical Support

Any first aid treatment will be carried out by a qualified paediatric first aider in accordance with the nursery's First Aid and Medication policies.

Parental consent will be obtained for the administration of medication and creams in line with nursery procedures.

Appropriate Physical Contact and Comforting Children

We recognise that appropriate physical comfort and reassurance are important for children's emotional wellbeing and development.

Staff may:

- Comfort upset or distressed children
- Offer reassurance and emotional support
- Provide age-appropriate physical comfort when needed

Any physical contact must:

- Be appropriate, professional, and responsive to the child's needs
- Respect children's dignity and personal space
- Never be excessive, forceful, or inappropriate
- Be open and transparent wherever possible

We discourage:

- Excessive physical play, including rough play or excessive tickling
- Inappropriate comments or language
- Favouritism or over-dependence
- Inappropriate discussions with children
- Asking children for affection or inappropriate emotional reassurance
- Any behaviour which could be misinterpreted

Management will monitor practice regularly through supervision, observations, and safeguarding oversight.

Mobile Phones, Cameras and Recording Devices

Mobile phones, smart watches with cameras, and personal recording devices must never be used during intimate care routines.

The use of mobile phones and cameras is managed in line with the nursery's Online Safety and Mobile Phone policies.

Partnership with Parents/Carers

We work closely with parents/carers to ensure children's individual care needs are met consistently and appropriately.

Parents/carers will:

- Be treated as partners in their child's care
- Be consulted regarding intimate care needs and routines
- Be informed of any significant incidents, concerns, or changes
- Be encouraged to share relevant information about their child's needs, preferences, medical conditions, or cultural requirements

Where specialist support is required, meetings will be arranged with parents/carers and relevant professionals.

Recording and Confidentiality

The nursery maintains appropriate records relating to intimate care where required, including:

- Nappy changing records where applicable

- Accidents and first aid treatment
- Medication administration
- Existing injuries
- Safeguarding concerns
- Individual care plans

All records are managed confidentially in accordance with the Data Protection Act 2018 and UK GDPR.

Staff Support and Monitoring

Management will:

- Provide induction and ongoing training
- Monitor practice through supervision and observations
- Conduct regular risk assessments
- Support staff to raise concerns through whistleblowing procedures
- Promote a culture of openness, accountability, and safeguarding

Any inappropriate practice will be challenged and managed in line with the nursery's Disciplinary, Supervision, Safeguarding, and Whistleblowing policies.

Concerns or Complaints

Any parent/carer or staff member who has concerns regarding intimate care practices, staff behaviour, or safeguarding issues should report these concerns immediately to the nursery manager or Designated Safeguarding Lead.

If concerns relate to the manager or nursery owner, concerns should be reported directly to:

- Ofsted – 0300 123 1231
- Somerset Council Children's Social Care – 0300 123 2224

Related Policies

- Safeguarding and Child Protection Policy
- Health and Safety Policy
- Infection Control Policy
- First Aid Policy
- Medication Policy
- SEND Policy
- Whistleblowing Policy
- Online Safety Policy
- Supervisions Policy
- Behaviour Management Policy
- GDPR and Confidentiality Policy

Legislative and Guidance Framework

This policy is informed by:

- The Statutory Framework for the Early Years Foundation Stage (EYFS) 2025
- Working Together to Safeguard Children
- Children Act 1989 and 2004
- Equality Act 2010
- Human Rights Act 1998
- Safeguarding Vulnerable Groups Act 2006
- Data Protection Act 2018 and UK GDPR
- Keeping Children Safe in Education (where applicable)

This policy was adopted on	Reviewed:
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