



## **Intimate Care Policy**

### **The purpose of this policy is:**

- To safeguard the rights and promote the best interests of the children
- To ensure children are treated with sensitivity and respect, and in such a way that their experience of intimate care is a positive one
- To safeguard adults required to operate in sensitive situations
- To raise awareness and provide a clear procedure for intimate care
- To inform parents/carers in how intimate care is administered
- To ensure parents/carers are consulted in the intimate care of their children

### **Definition**

Intimate care is one of the following:

- Supporting a child with dressing/undressing
- Assisting a child requiring medical care, who is unable to carry this out unaided
- Supporting a child with toileting
- Cleaning a child who has soiled/wet him/herself, has vomited or feels unwell

### **Principles**

It is essential that every child is treated as an individual and that care is given in a sensitive manner. As far as possible, the child should be allowed to exercise choice and should be encouraged to have a positive image of his/her own body. Given the right approach, intimate care can provide opportunities to develop self-care skills and raise self-esteem. Parents and staff should be aware that matters concerning intimate care will be dealt with confidentially and sensitively and that the child's right to privacy and dignity is maintained at all times.

### **Safeguards for children**

Only members of staff who have DBS clearance (in line with the setting's Safeguarding Policy) will have unsupervised access to children requiring assistance with intimate care procedures.

### **Protection for staff**

Members of staff need to have regard to the danger of allegations being made against them and take precautions to avoid the risk. These should include:

- Informing another member of staff of action being taken, for example changing a nappy



- Allow the child, wherever possible, to express a preference to choose his/her carer. (The carer responsible for matters of intimate care is usually the child's key person when the child first attends the setting. This allows for warm and trusting relationships to be established)
- Allow the child a choice in the sequence of care and support the child to do as much for themselves as possible

### **Soiling/nappy changing**

If a child needs changing/cleaning staff will ensure that:

- Protective gloves are worn
- The procedure is discussed in a friendly and reassuring way with the child throughout the process
- The child is encouraged to care for him/herself as far as possible according to age/ability and situation
- Privacy is given appropriate to the child's age and the situation
- All spills of vomit, blood or, excrement are wiped up and flushed down the toilet
- Soiled/wet clothing is put in a plastic bag, and sent home with the child unless the child's underwear is unsalvageable then it will be thrown away and parents/carers will be offered some of pre-schools underwear to replace them with, (excrement to be flushed down the toilet)
- Soiled nappies and wipes are to be bagged and disposed of in the nappy bin provided

All staff must be familiar with normal precautions for avoiding infection, must follow basic hygiene procedures and have access to protective, disposable gloves.

### **Medication**

Medication of an intimate nature will only be administered by appropriately trained staff.

This Policy was adopted at a meeting of the pre-school held on 23<sup>rd</sup> August 2024.

Signed on behalf of the pre-school: Rebecca Horseman (Manager)

Date to be reviewed: 23<sup>rd</sup> August 2025.