

Intimate Care

EYFS: 3.1, 3.6, 3.27 3.20 3.64

At **Bowden House Day Nursery** we believe that all children need contact with familiar, consistent carers to ensure they can grow and develop socially and emotionally. At times children need to be cuddled, encouraged, held and offered physical reassurance.

Intimate care routines are essential throughout the day to meet children's basic needs. This may include nappy changing, supporting children with toileting, changing clothes, and giving first aid treatment and specialist medical support, where required.

In order to maintain the child's privacy, we will carry out the majority of these actions on a one-to-one basis.

We wish to ensure the safety and welfare of children during intimate care routines and safeguard them against any potential harm as well as ensuring the staff member involved is fully supported and able to perform their duties safely and confidently. We aim to support all parties through the following actions:

- Promoting consistent and caring relationships through the key person system in the nursery and ensuring all parents understand how this works
- Ensuring all staff undertaking intimate care routines have suitable enhanced DBS checks
- Training all staff in the appropriate methods for intimate care routines and arranging specialist training where required, i.e. first aid training, specialist medical support
- Conducting thorough inductions for all new staff to ensure they are fully aware of all nursery procedures relating to intimate care routines
- Following up procedures through supervision meetings and appraisals to identify any areas for development or further training
- Working closely with parents on all aspects of the child's care and education as laid out in the parent and carers as partners policy. This is essential for intimate care routines which require specialist training or support. If a child requires specific support the nursery will arrange a meeting with the parent to discover all the relevant information relating to this to enable the staff to care for the child fully and meet their individual needs
- Ensuring all staff 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
- Operating a whistleblowing policy to help staff raise any concerns about their peers or managers; and helping staff develop confidence in raising worries as they arise in order to safeguard the children in the nursery
- Conducting working practice observations on all aspects of nursery operations to ensure that procedures are working in practice and all children are supported fully by the staff. This includes intimate care routines
- Conducting regular risk assessments on all aspects of the nursery operation including intimate care and reviewing the safeguards in place. The nursery has assessed all the risks relating to intimate care routines and has placed appropriate safeguards in place to ensure the safety of all involved.

Nappy Changing

- Child must be changed at the designated changing area which is in view of other practitioners. Never change a nappy in a cubicle.
- Must follow nappy changing policy.
- Only change babies when two staff in the room for safety reasons.
- Ensure new staff are given 1:1 coaching on changing procedures.
- Ensure child never left completely naked if completely soiled. Clean top or bottom first, put clean clothing on that part of body and then do other area. This is to respect child's privacy.

Taking children to the toilet/potty

- Respect privacy of the child and close the door and stand outside cubicle.
- Adult must not go in the cubicle and close the door.
- If adult has to assist the child leave the door open and remain visible to other staff.
- If the child is using a potty place this inside a cubicle for child to use in private.
- If the child needs a change of clothes ensure they are in a toilet cubicle for privacy. Do not bring them out of the bathroom area until they are fully clothed. If you need any clothing getting ask a colleague for assistance.
- Encourage the child to help themselves with their clothing.
- Use language appropriate to the child's age to help them learn and understand about personal privacy.

If any parent or member of staff has concerns or questions about intimate care procedures or individual routines, please see the manager at the earliest opportunity.