



INTIMATE CARE AND TOILETING POLICY

AIM:

At Skylar we aim to meet the needs of all our children, ensuring we consistently promote their welfare. We recognise when children may require assistance with intimate care, ensuring that the children are treated with courtesy, dignity and respect at all times.

IMPLEMENTATION

Intimate care is defined as 'Care involving washing, touching or carrying out a procedure to intimate personal areas which some children may need support in doing because of their young age, physical difficulties or special needs.'

The practitioner who provides the care forms a strong, trusting relationship with the child. They ensure that it is a positive experience that is safe and comfortable for all. Whilst the child is having his or her needs met it is treated as a time to converse and promote personal development.

Where a child has intimate care needs, a member of staff takes responsibility to provide their care. We address issues on an individual basis. Staff may use songs, visuals or books to support children with their toileting routine.

Due to the developmental stages of the children we work with, we support them with their personal care; reminding children to go to the toilet, hygiene and handwashing etc. to develop their independence. As outlined in the Early Years Foundation Stage curriculum, we are responsible for children's personal care skills as an essential part of Personal Development. We do this alongside each child's parents/ carers and other professionals, including health visitors, where necessary.

All Skylar families are provided with 'Skylar clothes' for children to wear when they attend nursery sessions. This enables them to explore freely and become fully immersed in all activities at nursery without having to be restricted by concerns around damaging or dirtying clothes from home. If these clothes need changing for any reason throughout the day, children are sensitively supported with this.

A number of children come to Skylar in nappies. We support children sensitively and treat them with dignity. Also, from time to time, some children will have toilet accidents and will need to be attended to. When necessary, we change babies or children's clothes again to make them comfortable.

NAPPY CHANGING AND TOILETING:

- Children are never left unattended during a nappy change. Staff recognise the importance of supervision for all ages in the nursery when being changed or using the toilet, including those who are able to use the toilet independently.
- Staff ensure that children only remain in wet or soiled nappies for the shortest possible time. If a child becomes wet or soils their nappy we will change them immediately regardless of whether they have only just had a clean nappy.

- Skylar provides nappies and nappy cream. We ask parents/ carers during their child's initial admissions meeting for any special requirements relating to this to ensure we have the correct products available at Skylar e.g. wipes, nappies, ahead of their child's first session.
- Staff will advise parents/carers if they have concerns about their child's health and well-being during changing/ toileting. This includes sharing when nappy cream has been applied, if a child has become distressed during changing or toileting, if a child has any rashes, or if a child has been in any discomfort when being changed or using the toilet.
- Children will only be changed by staff who have been checked by the Disclosure and Barring Service (DBS).
- We will work with parents/carers to support their child becoming dry, offering advice and encouragement, with toilet training at an appropriate time. We will liaise with health visitors and offer support sessions for parents/ carers and send home additional resources e.g. sticker charts, pants, age appropriate books around toileting to support with this.
- If a child has an "accident", regardless of their age, they will be supported appropriately with changing into clean clothes. The child will not be blamed for having an accident but will be supported in ensuring that they remember to go to the toilet regularly when they are playing.
- The child is encouraged to undertake as much of the toileting/ changing procedure for themselves as possible.
- Changing mats and equipment are in place in both the children's toilet and the baby changing area. Every effort is made to ensure privacy, modesty and high levels of cleanliness.
- Most procedures are carried out by one member of staff. However, careful consideration is given to the child's individual circumstances to determine how many practitioners might be needed to be present when a child needs help with intimate care.
- If a child is unhappy or anxious about the care provided, the issue will be addressed to ensure we continually meet a child's needs and they feel comfortable.
- We work closely with outside agencies and utilise their knowledge and expertise where necessary. The SENCO co-ordinates this approach.
- We work closely with parents and carers to identify and ensure we meet the child's needs. Cultural and religious values are respected when planning a child's care.

HYGIENE DURING NAPPY CHANGING AND SAFE DISPOSAL OF WASTE:

- We have good hygiene practices in place when disposing of waste, to stop infection.
- We follow stringent nappy changing procedures to ensure the safe disposal of waste.
- A clean apron and gloves are worn every time a child is changed and the nappy changing mat is sanitized after every use.
- Whilst changing a child, their skin is cleaned with a disposable wipe and cream is applied if necessary.
- Staff ensure nappy changing areas are cleaned with anti-bacterial spray between each change.
- Nappies and pull ups, gloves, aprons and wipes are disposed of hygienically and safely by bagging and placing in a designated bin.
- The nappy bin is emptied at the end of each day. We dispose of our waste in accordance with the Department of Health and Cornwall Council.

Reviewed September 2026

Skylar Team

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