Holy Trinity EYFS
Intimate and Personal Care Policy
September 2025

The policy has been developed within the context of current legislation, policy and guidelines.

Rational

There are times when children need nappy changes, help with toileting and changing clothes in the EYFS and Nursery. This policy provides clear guidelines for providing the intimate care of babies and children. These guidelines are designed to promote good practice and safeguard children and practitioners.

Aims

To include all children in activities regardless of their ability to manage their own personal care
To safeguard the rights and promote the welfare of children
To provide guidance for staff
To reassure parents

Definition of intimate care

> **"**Care tasks of an intimate nature, associated with bodily functions, bodily products and personal hygiene, which demands direct or indirect contact with or exposure of sexual parts of the body"

These tasks include: dressing and undressing, helping to use the toilet, cleaning, wiping intimate parts of the body, apply medical cream or nappy cream

Definition of personal care

"Although it may not involve touching another person, it is less intimate and usually has the function of helping with personal presentation"
Tasks include: Feeding, medication, hair, dressing, washing and prompting and supervising going to the toilet

Policy Statement:

In our EYFS we are committed to providing safe, respectful, and appropriate personal care for all babies and children in our setting. Intimate and personal care routines are essential to meet individual needs and support children's health, dignity, comfort, and well-being.
We recognise that personal care is a sensitive area requiring professional conduct and strong safeguarding measures. This policy ensures that all personal care is carried out consistently, safely, and respectfully, in line with the EYFS statutory framework and safeguarding best practices.
https://assets.publishing.service.gov.uk/media/68b582a1cc8356c3c882a94b/Early_years_foundation_stage_statutory_framework_-_for_group_and_school-based_providers.pdf

Procedures:

1. Staff Responsibilities

- Only staff who have undergone enhanced DBS checks and safeguarding training will carry out personal care tasks.
- Whenever possible, the same familiar staff members will support the same child to ensure continuity and trust.
- Staff will always treat children with sensitivity and respect, explaining what is happening throughout the process.
- cll babies and children will be given privacy for any personal care

2. Parental Involvement

- Parents/carers will be consulted about their child's specific care needs, routines, and any cultural or religious preferences.
- Consent forms will be completed via the Blossom app for activities such as applying creams.
- Any changes in care routines will be discussed with parents.

3. Safeguarding and Best Practice

- Staff will record all intimate care interactions, including time, staff member, and reason.
- Staff will let another member of staff know that they are changing or assisting a child.
- Children will never be left unattended on changing tables.
- If a child becomes distressed, the procedure will stop and the incident will be reported to the manager and parent.

4. Hygiene and Safety

- Disposable gloves and aprons will be worn during all personal care routines.
- Changing areas will be cleaned and disinfected after each use.
- Soiled items will be stored in sealed, labelled bags and returned to parents daily.

Children's Rights:

We recognise children's rights to:

- Be kept safe
- Be treated with dignity and respect
- Have their views considered
- Be supported to develop independence at their own pace

We encourage children to participate in their own intimate and personal care as an approach towards facilitating participation in daily life and develop their personal and physical skills.
All children have the right to be safe, feel comfortable and be treated with dignity and respect. Staff will be sensitive to individual needs.

All staff working on site will hold a DBS and be up to date with Safeguarding Training.

Review date: Sept 2027, or in response to statutory changes.