

# Intimate care plan



## Grass Roots Nursery Group: Intimate Care Routines Policy

### Purpose:

To ensure that children receive consistent, compassionate, and safe care during intimate care routines, such as nappy changing, toileting, and clothing changes.

### Key Principles:

- **Consistent Care:** Children will be cared for primarily by their assigned key person, fostering a sense of familiarity and trust.
- **Safety and Welfare:** We prioritise the safety and well-being of children during all care routines, adhering to strict hygiene and safety protocols.
- **Privacy and Dignity:** We respect children's privacy and dignity, ensuring that intimate care is conducted in a private and respectful manner.
- **Parent Partnership:** We work closely with parents/carers to understand and meet children's individual needs, fostering open communication and collaboration.

### Procedures:

#### Staff Qualifications and Training:

- All staff involved in intimate care routines must have undergone appropriate training, including:
  - First aid training
  - Child safeguarding training
  - Infection control training
  - Specific training on intimate care procedures
- Staff must also have a valid enhanced DBS check.

#### Safe Practices:

- **Hygiene:** Staff must adhere to strict hygiene practices, including wearing gloves and aprons during intimate care routines.
- **Equipment:** We use clean, sanitised equipment, such as changing mats and wipes.
- **Waste Disposal:** Waste from intimate care routines is disposed of appropriately in sealed bags.
- **Infection Control:** We follow infection control guidelines to prevent the spread of germs.

#### Privacy and Dignity:

- Intimate care routines are conducted in private areas, away from other children.
- Staff use gentle and respectful language and approach children with sensitivity.
- We respect children's bodily autonomy and avoid rushing or forcing them during care routines.

#### Parent Communication:

- We maintain open communication with parents/carers regarding their child's care needs, including any specific preferences or concerns related to intimate care.
- We encourage parents to discuss any changes in their child's needs or routines.
- We provide parents with information about our intimate care procedures and policies.

### **Monitoring and Review:**

- We regularly monitor staff practices to ensure compliance with our policies and procedures.
- We conduct supervision meetings and appraisals to identify any areas for improvement and provide additional training if needed.
- This policy is reviewed annually to ensure its effectiveness and alignment with current best practices.

### **Specific Routines:**

#### **Nappy Changing:**

- Nappies are changed frequently, according to the child's individual needs.
- Staff use a clean changing mat and wear gloves and an apron.
- Nappy waste is disposed of in sealed bags.
- Staff check for diaper rash and apply appropriate cream as needed.

#### **Toileting:**

- We support children in developing toilet training skills at their own pace.
- We provide appropriate toileting facilities, including low-level toilets and potties.
- Staff assist children with toileting as needed, ensuring privacy and dignity.
- We encourage children to wash their hands after using the toilet.

#### **Clothing Changes:**

- We assist children with changing clothes as needed, ensuring privacy and comfort.
- We respect children's preferences for clothing and encourage them to dress themselves independently when appropriate.
- We soiled clothing is bagged appropriately and sent home on the same day.

#### **Safeguarding:**

- We adhere to our Safeguarding and Child Protection Policy to ensure children's safety.
- Staff are trained to identify and report any concerns about a child's well-being, including signs of abuse or neglect.
- We have a whistleblowing policy in place to encourage staff to raise any concerns about potential safeguarding issues.

**By following these procedures, we aim to provide a safe, caring, and respectful environment for children during intimate care routines.**

## Procedure for Intimate Care Routines

### Purpose:

To outline the specific steps to be followed by staff members when conducting intimate care routines, such as nappy changing, toileting, and clothing changes.

### Procedure:

#### Before Care:

1. **Prepare the Area:** Ensure the changing area or bathroom is clean and sanitised.
2. **Gather Supplies:** Gather necessary supplies, including clean nappies, wipes, changing mat, gloves, and apron.
3. **Check for Allergies:** If the child has any known allergies, ensure that appropriate products are available.

#### During Care:

1. **Privacy:** Ensure the child's privacy by closing the door or using a privacy screen.
2. **Hygiene:** Wash your hands with soap and water before and after the care routine.
3. **Gloves and Apron:** Wear disposable gloves and an apron to protect yourself and the child.
4. **Gentle Approach:** Handle the child gently and respectfully, using calming language.
5. **Comfort:** Provide comfort and reassurance to the child throughout the routine.
6. **Observation:** Observe the child for any signs of discomfort, distress, or skin irritation.
7. **Waste Disposal:** Dispose of soiled nappies and wipes in sealed bags.
8. **Sanitation:** Clean and sanitise the changing area and equipment after each use.

#### After Care:

1. **Wash Hands:** Wash your hands again with soap and water.
2. **Diaper Rash:** If the child has diaper rash, apply the appropriate cream or ointment as directed by parents.
3. **Clothing:** Assist the child with dressing, ensuring that their clothes are clean and comfortable.
4. **Record:** Document the care routine in the child's daily log, noting any relevant observations or concerns.

#### Additional Considerations:

- **Parent Communication:** If you have any concerns about the child's care or if the child has any specific needs, communicate with the parents as soon as possible.
- **Consent:** Always obtain verbal consent from parents before conducting intimate care routines on their child.
- **Emergency Procedures:** Be prepared to respond to emergencies, such as allergic reactions or sudden illness, by following the nursery's emergency procedures.

By following this procedure, staff members can ensure that children receive safe, compassionate, and consistent care during intimate routines.