



AYSGARTH SCHOOL

EYFS Intimate Care Policy

Reviewed September 2026

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To be reviewed September 2027

EYFS Intimate Care Policy

(Safeguarding Children – Toilet Training, Intimate and Personal Care)

Policy Statement

At Aysgarth in Early Years, we recognise that children develop at different rates and that some will require support with personal care, including toileting, dressing, feeding, or washing. We have a duty of care to meet these needs while promoting each child's dignity, wellbeing, health, safety and independence.

While many children entering Nursery are developing independence in toileting, we recognise that children achieve this milestone at different rates. Some children may require ongoing support with toileting due to their stage of development, medical needs, SEND, temporary regression or other individual circumstances.

In addition to toileting needs, our younger pupils may need support with changing clothes - for example, for swimming, PE and dance club.

This policy sets out how we provide safe, respectful, and appropriate care in accordance with the **EYFS Safeguarding and Welfare Requirements**, the **School's Safeguarding and Child Protection Policy**, and **Keeping Children Safe in Education (2026)**.

This policy provides clear guidelines for providing the intimate care of children. These guidelines are designed to promote good practice, safeguard children and practitioners, and ensure that personal and intimate care is a positive, respectful and dignified experience for every child.

Aims

- To include all children in activities, regardless of their stage of personal development.
- To safeguard children's rights and promote their welfare.
- To protect staff by providing clear guidance and reassurance.
- To assure parents that their children's needs will be met with dignity and sensitivity.
- To ensure no child is discriminated against because of their care needs.

All children have the right to:

- Be safe, respected, and treated with dignity.
- Privacy, whenever possible.
- To be included in activities regardless of their ability to manage their own personal care.
- Support to develop independence in managing their own care.

- Be involved in their own care, with explanations provided in an age-appropriate way.

Definition of intimate care

Intimate care is any care or support that involves direct or indirect contact with, or exposure of, a child's intimate body areas, or assistance with bodily functions. It includes tasks such as supporting a child to use the toilet, changing nappies or soiled clothing, cleaning or washing intimate body parts, and applying prescribed medical treatment to intimate areas.

Intimate care must always be provided in a manner that safeguards the child's dignity, privacy, wellbeing and safety, while promoting their independence and respecting their age, stage of development, culture and individual needs.

Definition of personal care

Personal care refers to the practical support provided to help a child meet their everyday care needs, health, hygiene and personal presentation. It may include assistance with dressing, eating, drinking, handwashing, oral medication, or prompting and supervising personal hygiene. Personal care should always be provided in a way that promotes the child's dignity, privacy, wellbeing and independence and is appropriate to their age, stage of development and individual needs.

Scope of Care

We encourage children to participate in their own intimate and personal care wherever appropriate, promoting independence, confidence and participation in everyday routines.

All children have the right to be safe, feel comfortable and be treated with dignity and respect. Staff will be sensitive to individual needs.

Intimate Care Tasks

- Dressing/undressing (underwear).
- Supporting children to use the toilet/potty.
- Cleaning/washing intimate body parts.
- Applying medical treatment to intimate areas.

Personal Care Tasks

- Administering oral medication.
- Feeding.
- Helping children to dress/undress for activities.
- Washing non-intimate body parts.
- Supporting with feeding where needed.

Procedures

Nursery

- Children are supported according to their individual level of independence.
- Children are changed whenever necessary; they are never left in wet or soiled clothing, as this could constitute neglect.
- Key persons (class teachers) undertake changing; in their absence, a secondary key person will do so.
- Changing takes place in a clean, safe, and private area.
- Staff wear gloves and aprons, and follow hygiene procedures. Biohazard kits are used where appropriate.
- Soiled items are bagged for parents to take home; changing areas are disinfected after use.
- Children are encouraged and supported to use the toilet independently, according to their age, stage of development and individual needs.
- Handwashing is always supported, with soap, hand dryers or paper towels available.
- For other clothing, children can be changed elsewhere in the setting, if they feel comfortable.

Reception

Children in Reception are encouraged and supported to:

- recognise when they need the toilet;
- use the toilet independently where developmentally appropriate;
- manage personal hygiene with increasing confidence.

Toilets are freely accessible, and children are encouraged to be independent.

- Staff recognise that:
 - Some children may not yet be fully confident or independent.
 - Regression (wetting/soiling) may occur due to transition, illness, or family circumstances.
 - Some children may have medical or cultural needs requiring a care plan.

Parents are consulted sensitively if ongoing needs arise; external professionals may be involved if appropriate.

Safeguarding Children and Adults

- **Only suitably recruited, vetted and trained adult members of staff** will provide intimate care. Students and volunteers will not be asked to provide intimate care.
- Staff seek the child's permission before assisting and explain what they will do.
- Children are encouraged to do as much as possible for themselves.
- Staff will ensure that intimate care is provided in a manner that respects the child's privacy while maintaining appropriate safeguarding arrangements.
- Toilet or changing room doors should not be locked, and staff should remain alert to the potential need for support from a colleague where circumstances require.
- As always, staff should be vigilant and professionally curious, noticing any unusual markings, discolourations or swelling; these should be reported to the DSL immediately in line with safeguarding procedures.
- If, during the intimate care of a child, a staff member accidentally hurts the child, the child will be reassured, and a report will be made to the DSL.
- Parents/carers will be informed of any significant toileting incidents, accidents, concerns or changes in a child's intimate care needs, in accordance with school procedures.
- Staff are trained in safeguarding, intimate care procedures, and hygiene standards.

Any safeguarding concerns arising during the provision of intimate care will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Health and Safety

- Risk assessments are carried out for toileting/changing areas.
- Staff wear disposable gloves and any other suitable PPE required.
- Waste and soiled clothing are disposed of safely and hygienically.
- Toilets and changing areas are left clean after each use.
- Soap, hot water, and drying facilities are available at all times.
- Staff and children wash their hands immediately after changing.

Roles and Responsibilities

Staff: Responsible for following this policy and maintaining professional boundaries.

Key Persons: Provide intimate/personal care for their key children; secondary staff provide cover in their absence.

Head of Early Years and the Designated Safeguarding Lead (DSL):

Monitor arrangements to ensure children are safeguarded, and staff are supported.

Parents/Carers: Informed of policies, procedures, and incidents; contribute to care plans for ongoing needs.

All intimate care provided, beyond routine support appropriate to the child's age and stage of development, will be recorded promptly by the staff member in the intimate care log, kept confidentially within the EYFS department. As with other records held by the school, this would be made available to Parents upon request.

All staff providing intimate care have completed the appropriate safer recruitment and suitability checks and receive regular safeguarding training.

Individual Intimate Care Plans

Where a child has ongoing intimate care needs, the school will work in partnership with parents/carers and, where appropriate, relevant health professionals to develop an individual intimate care plan. The plan will set out agreed routines, strategies to promote independence, any medical or cultural considerations, and arrangements for communication with parents. Plans will be reviewed regularly.

Policy References:

- Management of Health and Safety (including Risk Assessment) Policy
- Child Protection and Safeguarding Policy
- Care of Pupils and Boarders and Medical Policy (including Administration of Medicine)
- EYFS Administration of Medicines
- Restrictive Intervention Policy
- [Keeping Children Safe in Education](#)
- [EYFS Framework 2026](#)