

Intimate and respectful care

NDNA's policy templates for 'Intimate Care' and 'Safe and Respectful Care' offer useful suggestions for good practice at childcare settings.

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.

We advise all children to have a familiar, consistent carer to ensure they can grow and develop socially and emotionally. At times children need to be cuddled, encouraged, held and offered physical reassurance.

Examples to guide good practice include:

- Conduct thorough inductions for all new staff to ensure they are fully aware of all nursery procedures relating to intimate care routines
- Ensure children are afforded privacy during intimate care routines whilst balancing this with the need to safeguard children and staff
- Encourage giving cuddles to children who need comforting, but support staff to try to do this in view of others, where possible
- Discourage staff from demonstrating inappropriate behaviour such as over tickling, over boisterous play or asking inappropriate questions, such as asking children to tell them they love them
- Expect staff to behave respectfully with colleagues, children and families and refrain from using inappropriate language or behaviour, including during breaks
- Ensure all staff, volunteers and visitors are aware of the whistleblowing procedures
- Ensure staff have an up-to-date understanding of safeguarding and child protection, know how to protect children from harm and can identify signs and symptoms of abuse
- Ensure all staff undertaking intimate care have suitable, enhanced DBS checks.

Find out more

Contact our training team for Inclusion support for your setting on 01484 407070 or email training@ndna.org.uk