



Physical Contact and Intimate Care Policy

Policy Statement

We recognise that appropriate physical contact is an important part of caring for young children. Physical contact can provide reassurance, comfort and support, and is often necessary to meet children's care and developmental needs.

Staff will ensure that all physical contact with children is **appropriate, respectful and in the child's best interests**.

Appropriate Physical Contact

Appropriate physical contact may include:

- Comforting a distressed child
- Holding a child's hand when walking or during outings
- Assisting children during activities
- Providing reassurance, such as a hug if a child seeks comfort
- Supporting children who need help with dressing or personal care

Physical contact will always be **age-appropriate, gentle and responsive to the child's needs**.

Children's Rights and Boundaries

Staff will respect children's personal space and encourage children to understand their own boundaries.

Children will never be forced to accept physical contact and staff will be sensitive to individual preferences and cultural differences.

Intimate Care

Intimate care may include helping children with:

- toileting
- nappy changing
- changing clothes
- washing or cleaning a child who has soiled themselves

Staff will ensure that:

- children are treated with **dignity and respect at all times**
- children are encouraged to develop **independence where possible**
- intimate care takes place in an **appropriate and private area**
- another member of staff is aware that intimate care is taking place
- gloves and appropriate hygiene procedures are used

Staff will talk to children throughout the process to ensure they feel safe and reassured.

Two-Person Intimate Care Procedure

To ensure safeguarding and transparency, the setting follows a two-person awareness approach when carrying out intimate care such as nappy changing or toileting support.

Where possible:

- One member of staff carries out the **nappy change or intimate care**.
- A second member of staff is **aware that the care is taking place** and remains nearby.
- Intimate care takes place in a **designated changing area** that respects privacy but is not completely isolated.
- Staff wear **gloves and follow hygiene procedures**.
- Children are spoken to throughout the process so they feel safe and reassured.

Staff must also:

- Encourage children to develop **independence where appropriate**.
- Check for **any marks, rashes or concerns** and report these if noticed.
- Record the care provided where required.

Any concerns observed during intimate care must be **reported to the Designated Safeguarding Lead** in line with safeguarding procedures under the **Statutory Framework for the Early Years Foundation Stage**.

Inappropriate Physical Contact

Physical contact must never be:

- aggressive or rough
- sexually suggestive or inappropriate
- used as punishment
- intrusive or unnecessary

Any behaviour that causes a child discomfort or distress is unacceptable.

Safeguarding Concerns

Any concerns regarding physical contact or intimate care will be taken seriously and managed in line with the setting's safeguarding procedures.

Policy Review

This policy will be reviewed annually or sooner if safeguarding guidance changes.