

Intimate Care

Intimate care is attending to another person's physical needs. In Playgroup this often refers to children's nappy-changing and toileting, but also includes support for a child's other hygiene or cleaning needs such as face wiping and changing clothes.

Intimate care **must** be delivered by staff only, unless it is your own child.

Intimate care is delivered in line with the Health and Social Care Standards (2017) : *"If I require intimate personal care, this is carried out in a dignified way with my privacy and personal preferences respected"*.

Children have the right to privacy during intimate care (UNCRC, Article 16).

Intimate care should be relaxed, comfortable, and always performed in a way that increases trust, while reducing the possibilities for infection (Care Inspectorate, 2023

https://www.careinspectorate.com/images/documents/Nappy_changing_guidance_2023.pdf)

If at all possible, children should get to choose who delivers their intimate care, or it should be their Key Person. Staff should avoid characterising bodily functions as dirty or shameful.

If intimate care takes place, this should be shared with the family so that there is open communication about health and wellbeing.

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**Holy Corner
Community Playgroup**