



## Ilminster Avenue Specialist Nursery School

### Intimate Care Practicalities

(To be read and used in conjunction with Intimate Care Guidelines)

- Staff carrying out intimate care will always wear gloves and aprons-this gives a clear visual cue to children that it is time to be changed, taken to the toilet. This may not be necessary for children who can use the toilet and just need some supervision. Staff will need to use discretion e.g. putting on gloves to support a child who has urinated on their hands.
- Ensure beforehand that aprons, gloves, wipes, pads\*, clean clothes etc are available and to hand
- Always be respectful, talk to the child and explain what you are going to do just before you do it.
- Use the agreed terminology for body parts\*
- Give children time to listen, ready themselves and respond e.g. to 'Pull trousers down'
- Use correct terminology for bodily functions \*
- Chat to the child you are with, not to other adults who may be in the toilets with another child.
- Where possible change children standing
- Some children may fiddle with themselves during toileting times; this is often the only time they can explore their bodies and is not likely to be sexual- try to ignore this behaviour unless it becomes a problem

**If marks or bruising are noticed follow the safeguarding policy immediately**

\* See Appendix 1

#### Appendix 1

#### **Terminology**

##### Resources

'Nappy'- will be used for children up until their 'nursery year'

'Pad' will be used for children from Reception onwards.

This is because all children, those with additional needs and typically developing children, may still be using nappies up until they are 3-4 years old. When children are older than the 'usual' age for toilet training then it is age appropriate to use the term 'Pad'

##### Body Parts

Girls; pubic area, bottom

Boys; penis, bottom

##### Bodily functions

Wee, poo