



We demonstrate tolerance and respect through child-led play

Intimate Care and Touch Policy

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Intimate Care and Touch Policy

1 Scope & Purpose

- 1.1** To safeguard the rights and promote the welfare of children.
- 1.2** To ensure inclusive practice and protect children from discrimination.
- 1.3** To ensure that children in our care feel comfortable and secure at all times.
- 1.4** To ensure that staff and parents understand the importance of touch in the care and nurture of healthy child development.
- 1.5** To ensure all staff, families and visitors to the setting understand our approach to touch.
- 1.6** To ensure that all adults (staff, visitors, volunteers, parents) use touch appropriately and safely to care for and support the children in their play and learning.
- 1.7** To ensure that parents and carers individual concerns are taken into account.
- 1.8** To provide guidance and reassurance so staff are able to respond to children's individual personal needs including being required to change nappies.
- 1.9** To ensure staff, parents and carers have access to current guidance (e.g. www.eric.org.uk) regarding bladder and bowel control, to enable a consistent approach whilst supporting children to gain confidence and independence.
- 1.10** To ensure that adults have a shared understanding of additional factors which are likely to affect bladder and bowel continence (e.g. additional needs, anxiety, stress).
- 1.11** To support families in helping their children to be toilet trained in readiness for school.

2 Outline

- 2.1** At Croft Playgroup we use understanding of child development to underpin our approach to caring for and educating children.
- 2.2** We ensure that staff training is regularly updated so that all staff understand the importance of movement and touch in child development as well as the vital importance of child protection and safeguarding.
- 2.3** In our work we acknowledge that touch is a vital part of the process of bonding and attachment with the children in our care. We ensure that we use touch to reassure and comfort in appropriate ways, for example by comforting children with a hug or by holding or rocking to reassure, without encouraging over dependency.



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- 2.4** We use techniques such as back writing (e.g. “X marks the spot”) to help calm and engage the brain and body.
- 2.5** The safety and well-being of the children is at the heart of our interactions with them; safe, positive experiences of touch is a vital part of that. In line with safeguarding measures, staff ensure that ratios are maintained and that no member of staff is on their own with a child or children. This ensures that other staff members are always present to witness each other’s interactions and to challenge any behaviour which seems inappropriate.
- 2.6** Staff are asked to raise any safeguarding concerns relating to children or adults during their termly supervision meetings or at any other time with the DSL (Designated Safeguarding Lead), should concerns arise.
- 2.7** Information regarding our approach to positive touch and a ‘loving pedagogy’ are shared with families at our Welcome Meet
- 2.8** We assess the children in our care using Birth to Five Matters and the Development Matters Frameworks. We understand that whilst some children at from 2.5 years old upwards may be toilet trained, others may still be in nappies, pull ups or using a potty.
- 2.9** We also acknowledge that children, whilst most children are ready to attempt toilet training from the age of 18months and upwards [Potty training: how to start & best age to potty train - ERIC](#) achieving full bladder and bowel control can take years and be affected by other events in a child’s life.
- 2.10** For this, and other reasons which may affect a child’s development, children may not always be fully using the toilet when they join us at Playgroup.
- 2.11** We will never turn a child or children away if they are not toilet trained and we will support the children in our care and change children’s nappies or pull ups as appropriate.
- 2.12** We will also support any children who might be more comfortable using a potty or toilet seats as they transition to coping with toilets independently.
- 2.13** We cannot toilet train children on a family’s behalf, but we will always endeavour to be supportive and encouraging. We will refer to useful organisations and websites such as eric (The Children’s Bowel and Bladder charity, as referenced above www.eric.org.uk) as well as other professionals where appropriate and in partnership with families.
- 2.14** We believe that toilet training is a self-care skill that children should have the opportunity to learn with the full support and non-judgemental care of adults. Anxiety around using the toilet is unhelpful and we will always work to alleviate stress for the child and family. We believe this is the best way to support their ultimate mastery of the toilet.
- 2.15** We will work with parents when developing a child’s nappy changing routine.
- 2.16** Where parents are present, e.g. during the settling in period, they may be asked to change their child’s nappy.



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- 2.17** If a child has an additional need that may affect their personal care routine, a relevant care plan will be drawn up in agreement with parents/carers.
- 2.18** Parents will be asked when their child first starts at the playgroup whether or not they have any particular needs or any special words or actions used during their toileting procedure.
- 2.19** Any significant observations made during a nappy changing procedure will be notified to the parents at the end of the session (i.e. badly soiled nappy/strong urine/sore skin etc.)
- 2.20** Staff will note all nappy changes and inform parent/carers if children have needed application of cream to treat sore skin.
- 2.21** We will work with parents to provide knowledge and understanding of toilet training and offer advice to support the process, ensuring the well-being of the child is paramount.
- 2.22** Staff must ensure that they notify another member of staff that they are changing a nappy so that they can be present in line with safeguarding measures.
- 2.23** Our nappy changing procedures are outlined below:
- Make sure another adult knows what you are doing.
 - The curtain or cubicle should be used to ensure that the adult and their hands are visible to another member of staff whilst protecting the child's privacy and dignity.
 - All necessary items should be gathered before each nappy change (e.g. nappy, wipes, nappy sack).
 - Staff should wear gloves and an apron.
 - Children should lie on a changing mat/low changing table, NOT on the floor.
 - Encourage children to help as much as possible.
 - Place dirty nappies in a nappy sack, tie and put into the hygienic waste disposal unit.
 - Clean the area/changing mat afterwards.
 - Wash your hands with hot water and soap afterwards.
 - Children's soiled clothing should be bagged to go home, never rinsed by hand.

This policy was adopted by Croft Playgroup

Signed on behalf of the Croft Playgroup

Croft Playgroup Committee

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Croft Playgroup Manager

Print Name: Michelle Barrow, Helen Dearlove

Signed.....

Signed.....

Dated.....

Dated.....

Date policy to be reviewed: February 2026 or earlier if required.