

Physical Contact and Intimate Care Policy

How much physical contact will there be between staff and children?

Children at Flying Start Preschool may receive appropriate physical reassurance and affection, such as a comforting hug or holding hands, where this supports their wellbeing and is in line with their individual preferences and needs. Positive, appropriate physical contact helps children feel safe and secure, supporting their physical, social and emotional development.

Physical contact may be necessary for the following reasons:

- **Comfort and nurturing:** This kind of physical contact will be required daily to meet the physical and emotional needs of younger children and babies, as well as occasionally (with consent) older children.
- **Personal care and hygiene:** This involves attending to the personal care needs of babies and young children to perform tasks they cannot yet do independently. This may include changing nappies, wiping noses/bottoms/faces, dressing and undressing, attending to medical needs, washing hands and replacing hair accessories.
- **First aid:** If a child has an injury, they may need first aid to be administered, such as being cleaned up with a medical wipe, applying plasters and ice packs.
- **Physical intervention:** At times, the need may arise for staff at Flying Start Preschool to intervene physically in a situation, to keep a child from harming themselves and others or causing serious property damage. Any such incidents will be recorded appropriately with parents/caregivers being informed.
- **Friendships between children:** Physical contact between children, such as holding hands and hugging, is a natural way for them to express their affection for each other. Staff at Flying Start Preschool will encourage all children to ask for permission before touching others and to respect others' boundaries.

To ensure the privacy, safety and welfare of the children during physical and intimate care, all staff at The Children's Workshop are trained and fully supported to perform the duties safely and confidently to safeguard against any harm. This is ensured by:

- provision of a suitable number of toilets and hand basins;
- provision of separate facilities for adults, if appropriate;
- provision of suitable and hygienic changing facilities for children who wear nappies;
- Provision of cleaning and hygiene facilities such as soap and towels to dry their hands;
- ensuring there are enough spare clothes and bedding supplies for the children;
- considering the balance between children's privacy and their individual support needs during changing and toileting times;
- Staff to announce to the room when they are taking a child to the toilet or are changing a nappy;
- Staff to leave the door open to the bathroom/toilet and changing facilities positioned to ensure they are easily viewed, whilst maintaining the child's privacy;
- all staff undertaking physical and intimate care routines to have enhanced DBS checks which are regularly checked by leaders;
- all staff being regularly trained in physical contact and intimate care through inductions, policies, procedures and additional specialist training as required including safeguarding, first aid and specialist medical support;
- the implementation of a whistleblowing policy to allow staff to raise concerns about colleagues as needed to ensure safeguarding and welfare requirements;
- conducting regular risk assessments on all areas at Flying Start Preschool to ensure appropriate safeguards are in place.

This policy was adopted on: 20/05/2026

Signed on behalf of the nursery: Sarah Maynard