Intimate care policy

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Version Control

Version	Date	Author	Rationale
1	1/11/21		Original
2	1/10/24	Leanne Grimshaw	Update

Intimate Care Policy

Policy Statement

Christ Church Academy aims to support children's care and welfare daily, in line with their individual needs. All children need contact with familiar, consistent carers to ensure they can grow confidently and feel self-assured. At times children need to be cuddled, encouraged, held and offered physical reassurance.

This Intimate Care Good Practice guidance have been developed to safeguard, children and staff.

Our purpose is

- To safeguard the rights and promote the best interests of the children.
- To ensure children are treated with sensitivity and respect, and in such a way that their experience of intimate care is a positive one.
- To safeguard adults required to operate in sensitive situations.
- To raise awareness and provide a clear procedure for intimate care.

This policy sets out clear principles and guidelines on supporting intimate care with specific reference to toileting. This intimate care policy should be read in conjunction with the following;

- Child Protection Policy
- Special Educational Needs and Disabilities Policy
- Health and Safety Policy

This policy supports the safeguarding and welfare requirements of Early Years Foundation Stage (EYFS)

Definition

Intimate care may be defined as any activity required to meet the personal care needs of each individual child or young person.

Intimate care can include:

- Feeding
- Oral Care
- Washing
- Dressing/undressing
- Toileting
- Menstrual Care and Sexual Health
- First aid and medical treatment
- Catheter and stoma care
- Supervision of a child or young person involved in intimate self-care

Parents and carers have a responsibility to advise staff of the intimate care needs of the child or young person and keep staff up to date in changes in a child's needs.

Principles of Intimate Care

It is the right of the child to be treated with sensitivity and respect, and in such a way that their experience of personal care is a positive one. As far as possible the child should be allowed to exercise choice and should be encouraged to have a positive image of their body. There should be recognition that toileting support can involve risks for both the child and any adults in attendance.

Intimate Care Tasks – cover any task that involves:

• Dressing and undressing
• Washing including intimate parts
• Helping someone use the toilet
• Changing nappies including where a medical need is identified
• Carrying out a procedure that requires direct or indirect contact to an intimate personal area.

Best Practise

- **Involve children and young people in their intimate care**

Try and encourage a child to develop independence as far as possible in his/her intimate care. Where the child is fully dependent talk to them about what is going to be done and give them choice where possible. Check your practice by asking the child or young person re any likes or dislikes while carrying out intimate care and whenever possible gain verbal consent.

- **Partnership with Parents/Carers Staff**

Work in partnership with parents/carers to provide care appropriate to the needs of the individual child and together will produce a care plan. The care plan will set out:

• What care is required.
• Number of staff needed to carry out the task (if more than one person is required, reason will be documented).
• Additional equipment required.
• Child's preferred means of communication (e.g. visual, verbal)..
• Child's level of ability i.e. what tasks they are able to do by themselves.
• Acknowledge and respect for any cultural or religious sensitivities related to aspects of intimate care.
• Be regularly monitored and reviewed in accordance with the child's development.

Parents/Carers are asked to supply the following if required:

• Spare nappies/pull ups
• Wipes, creams, nappy sacks etc.
• Spare Clothes, shoes, socks, trousers, top
• Spare underwear- multiple pairs

- **Make sure practice in intimate care is consistent**

As a child can have several carers a consistent approach is essential. Effective communication between adults should ensure practice is consistent.

- **Promote positive self-esteem and body image**

Confident, self-assured children who feel their body belongs to them are less vulnerable to sexual abuse. The approach Staff and volunteers take to intimate care can convey lots of messages to a child or young person about their body worth. A Staffs attitude to a child or young person's intimate care is important.

Children with SEND

Some children with SEND may require intimate care throughout. Where this is required, staff will meet with parents to write a personalised intimate care plan. Where possible, a named member of staff will be responsible for a child's intimate care.

Safeguarding Children and Adults

Anyone caring for children has a common law duty of care to act like any prudent parent. Staff ensure that children are healthy and safe at all times.

• Adults dealing with the toileting needs of children are employees of the school and have undergone enhanced DBS disclosure.
• All staff are aware of the school's protocol and procedures following an induction and are kept informed of updates via the schools designated safeguarding lead.
• All staff have received appropriate safeguarding training and will receive support where necessary.
• The parents are informed as soon as possible and staff should have the opportunity to raise any concerns or issues.
• The normal process of cleaning a child should not raise child protection concerns, and there are no regulations that indicate that a second member of staff must be available to supervise the process to ensure that abuse does not take place.

Sanitary Needs

• There are sanitary disposal facilities in the KS2 toilets and in the main school entrance toilet. Children are advised to use these facilities. They can also speak to any adult.
• There are emergency sanitary protection products and spare underwear available in the school office or with KS2 female members of staff. Children are encouraged to speak to any member of staff they feel comfortable with.
• Children are informed where the emergency products are stored.

All Incidents of intimate care should be recorded.

If there are changes in a child's behaviour leading to greater intimate care needs, this should be recorded on CPOMs and verbally told to a member of the Safeguarding team.
If a child needs intimate care on a regular basis, they need an intimate care plan.

If you have any concerns

If you observe any unusual markings, discolorations or swelling including in the genital area, record and then report immediately to a member of the designated safeguarding team.

Record and report any unusual emotional or behavioural response by the child to intimate care.

A written record of concerns should be kept on CPOMS and passed to a member of the safeguarding team verbally as soon as possible. The schools usual Safeguarding procedures will be followed.