



## Thomas Russell Infants School

### Intimate Care Procedure

Thomas Russell Infants School is committed to ensuring that all staff responsible for the intimate care of children will undertake their duties in a professional manner at all times. The wellbeing and safety of the children is our priority and we promote the protection of children's welfare and dignity, individualizing care to meet the children's needs. As far as possible we encourage children to exercise choice, and work towards independence in all areas of their own care.

As part of our personal, social and health education we talk about issues such as 'keeping safe'; 'stranger danger' and 'appropriate touch' and 'saying no' at a highly differentiated and appropriate level both for the child's developmental level and their level of understanding. We are happy to share this with parents so that messages of safety can be reinforced at home.

### Key Principles for good practice in intimate care

These principles can be put into practice in the following

- Allow a child, wherever possible, to express a preference regarding his/her carer.
- Ensure privacy appropriate to the child's age and the situation.
- Be aware and be responsive to a child's reactions.
- Encourage independence as far as possible.
- If carrying out intimate care away from the setting, have an increased awareness of privacy and safety issues.

With the right approach to intimate care we can provide children with the opportunity to learn about the value of their own body, develop safety skills and enhance self esteem.

## Best Practice in Intimate Care

- Staff who provide intimate care will be trained accordingly and complete Safeguarding training and Health and Safety training in moving and handling. This includes training on new apparatus that is provided to assist children who need any specialist equipment following assessment from the multi-disciplinary team (Physiotherapist, Occupational Therapist and Moving and Handling Advisor).
- Staff will ensure good and clear communication with each child in line with his/her preferred mode of communication (verbal, symbols, sign, etc) to discuss the child's needs and preferences. The child will know exactly what is happening at all times and the reasons for it.
- Staff will be supported to adapt their practice in relation to the needs of individual children.
- Children will be supported to achieve the highest level of autonomy that is possible given their age and abilities. Staff will encourage each child to do as much as possible for themselves. Within the child's Care plan will be an individualized Intimate Care Plan which is regularly updated according to the child's needs.
- Wherever possible, staff will work with children of the same sex, and every effort will be made to accommodate a child's request for a key member of staff to support them. Male members of staff should never provide intimate care for girls (bathing, changing, and toileting). These precautions are in place for both parties but particularly to safeguard male members of staff from possible allegations of abuse.
- The religious views and cultural values of families will always be taken into account. At admission, we will liaise and work closely with families to discuss any requests relating to intimate care.
- Comprehensive risk assessments, regularly updated, will be completed for individual children that cover all their intimate care needs.

Date: September 2022

To be reviewed: September2023

### Promoting a Safe & Positive approach to Intimate Care

The following assist in promoting positive attitudes to intimate care;

- Get to know the child in order to read and understand the non verbal messages.
- Have a good knowledge of the child's individual Care Plan.
- Have a good knowledge and understanding of any religious and/or cultural sensitivities related to intimate care.
- Give explanations of what is happening in a simple and reassuring way.
- Enable the child to be prepared and anticipate events demonstrating respect for his/her body (e.g. sensory cues).
- Respect a child's preference for a particular carer and sequence of care.
- Always use appropriate moving and handling methods and equipment.
- Always leave the door ajar when supporting a child with intimate care.
- Always inform other staff when you are going to support a child with intimate care.
- When washing always use a flannel or sponge and encourage the child to attempt to wash themselves.
- Agree appropriate terminology for the private parts of the body and functions to be used by staff and encourage children to use these terms.
- Record and update any changes in Intimate Care in the Care Plan.
- Speak to older children in a way that reflects their age.
- Most importantly treat every young person in your care as an individual and with dignity and respect.

