

INTIMATE CARE POLICY



ACADEMIC YEAR 2023-2024

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LOVING, GROWING and SUCCEEDING TOGETHER

INTIMATE CARE POLICY

Academic Year 23/24



WHY?

Intimate care is defined as any care which involves washing, touching or carrying out an invasive procedure that most children and young people carry out for themselves, but which some are unable to do. We know that it is important for a child's dignity, respect and self-esteem for them to have a growing independence with toileting when they start at Nursery.

Although we encourage children to be able to practise independent self-care (including being able to use the toilet independently) when they start their journey at St. Marks, we acknowledge that this is not always possible and will continue to support children and families during their time at school.

As a school, we have a duty to safeguard children and school personnel at all times. All children have the right to be treated with sensitivity and respect in such a way that their experience of intimate care is a positive one.

HOW?

ROLE OF STAFF

At St Marks we will:

- Ensure all staff have up-to date safeguarding training
- Preserve a child's dignity and respect with a high level of privacy, choice and control appropriate to the child's age and situation
- Gather information on children's toileting habits through home visits
- Never refuse to change a child, as it is their human right to be changed so that they are clean and dry
- Operate a 'mimim change' procedure where children will not be routinely changed. Children will only be changed on the occasion they are soiled, excessively wet or expressing discomfort
- Focus on building relationships based on mutual respect with the child/ children
- Be aware of a child's method and level of communication
- Have accessible, child-friendly toilets
- Encourage all children to use the toilets regularly
- Provide help and support to pupils in becoming fully independent in personal hygiene
- Where possible, one pupil will be cared for by one adult unless there is a sound reason for having more adults present
- Praise independence and celebrate individual successes

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- To ensure children with continence difficulties are not discriminated against in line with the Equalities Act 2010
- To treat continence issues sensitively so as to maintain the self-esteem of the child
- Work with parents in delivering care plans where necessary
- Ensure staff work within this policy in order to protect themselves and the pupils involved

Where a child requires assistance, staff may:

- Verbally support a child to change their own clothes independently
- Remove their soiled clothes
- Clean skin (this usually includes bottom, genitalia, legs, feet)
- Dress the child in their own clothes or those provided by the school
- Wrap soiled clothes in plastic bags and give to parents to take home
- At all times the member of staff will pay attention to the level of distress and comfort of the child
- If the child is ill, the member of staff will telephone the parent/carer
- In the event a child is reluctant and finally refuses, the parent/carer will be contacted immediately

ACCESSIBILITY

- St Mark's has three accessible bathrooms: one located in Nursery for use of EYFS children, one in the main building and one in the new build.
- Two of the bathrooms are equipped with a changing table, toilet, and special bin to dispose of nappies, and a hand basin with access to warm water.
- There is also a stock of baby wipes, plastic bags, spare clothing and Personal Protective Equipment (PPE) for staff to use.

MOVING AND HANDLING PROCEDURES

- The changing area should be free of any clutter, no hazards/ trip or slip hazards
- When changing a child, staff should use appropriate PPE (gloves, and aprons are worn at all times)
- Staff should make use of moveable changing bed, getting the child to climb on when lowered- to avoid any lifting.
- Staff should raise it again to change the child, to hip height of the person changing. Ensure that the guard is up on the side when changing any child. Lower it again for the child to get off again, once changed
- After changing, the area should be thoroughly cleaned and all nappies disposed of correctly
- Staff will wash their hands after changing a child as part of the process
- Where specialist equipment and facilities above that currently available in the school are required, every effort will be made to provide appropriate facilities in a timely fashion, following assessment by a Physiotherapist and/or Occupational Therapist.

In the event that a child becomes too distressed to be changed, staff should follow school behaviour policy and contact SLT if further support is required.

ROLE OF PARENTS AND CARERS

Parents and carers will:

- be aware of and comply with this policy by giving consent for staff to respond to the intimate care needs of their child whilst they are at school
- Ensure that the child is changed at the latest possible time before being brought to the setting/school
- support the school in building independence around toileting. This includes, when children are not yet dry in the day, sending them to school in a pull up (not a nappy) so they can practise using the toilet during the day.
- provide the setting/school with spare nappies or pull ups and a change of clothing
- advise the school of any known intimate care needs relating to their child including marks/ rashes
- agree to a 'minimum change' policy i.e. the setting/school would not undertake to change the child more frequently than if s/he were at home.
- be involved with their child's intimate care arrangements on a regular basis

CARE PLANS

School will seek advice from external professional's and the views of parents when drawing up individual care plans for any pupil requiring regular intimate care.

FURTHER INFORMATION AND SUPPORT

Around the subject of toileting and intimate care, there is lots of information provided around this on the following websites:

- <https://www.eric.org.uk/>
- <https://www.bbuk.org.uk/>