Intimate Care Policy

Our Lady & St Rose Of Lima Catholic Primary School
Learning, Living, Loving together in Christ

This policy should be read in conjunction with our separate Safeguarding and Child Protection Policy.

1.0 Our Lady and St Rose of Lima Catholic Primary and Nursery School is a fully inclusive setting, no child will be excluded or discriminated against due to continence issues. Transition plans will support individual children's needs and where there is a need for personalised intimate care plans, these will be developed with the setting's named SENCO/s and parent/ carers. Meeting the requirements of the EYFS (updated 2021), the Disability Act (1995) and the Equalities Act (2010) as they apply to children with toileting and continence needs.

1.1 Staff who work with young children will realise that the issue of intimate care is a difficult one and will require staff to be respectful of children's needs.

1.2 Intimate care can be defined as care tasks of an intimate nature, associated with direct or indirect contact with or exposure of the genitals. Examples include care associated with continence that may need support with cleaning of the genital area such as; washing or bathing, nappy changing and the application of medical creams for the treatment of nappy rash.

1.3 Children's dignity will be preserved and a high level of privacy afforded them. Staff who provide intimate care to children have a high awareness of child protection issues. Staff behaviour is open to scrutiny and staff at Our Lady and St Rose of Lima Catholic Primary and Nursery School work in partnership with parents/ carers to provide continuity of care to children wherever possible.

1.4 Staff deliver a full personal safety curriculum, as part of Personal, Social and Health Education, to all children as appropriate to their developmental level and degree of understanding. This work is shared with parents who are encouraged to reinforce the personal safety messages within the home.

1.5 Our Lady and St Rose of Lima Catholic Primary and Nursery 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. We recognise that there is a need to treat all children with respect when intimate care is given, the diversity of individuals and communities is respected. No child should be attended to in a way that causes distress, embarrassment or pain. Staff will respect a child's right to give or withdraw their consent to be changed, no child will be forced to be changed

2.0 Our Approach to Best Practice

2.1 All children who require intimate care are treated respectfully at all times; the child's welfare and dignity is of paramount importance.

2.2 Staff who provide intimate care are made aware of Child Protection procedures and Health and Safety practices. These themes are revisited as part of our procedures from time to time during our staff meetings and regular health and safety update training is given annually. Apparatus will be provided to assist with children who need special arrangements following assessment from a physiotherapist / occupational therapist, as required.

2.3 Staff will be supported to adapt their practice in relation to the needs of individual children taking into account developmental changes.

2.4 There is careful communication with each child who needs help with intimate care in line with their preferred means of communication (verbal, symbolic, etc.) to discuss the child's needs and preferences. The child is aware of each procedure that is carried out and the reasons for it. Children's personal care routines are used as opportunities to exploit learning through raising a child's independence, self-help skills and self-esteem. Strategies to be considered with children that are non-verbal may include the use of Makaton, gesture and the use of objects of reference.

2.5 As a basic principle 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 for themselves as they can. This may mean, for example, giving the child responsibility for washing themselves, dressing/ undressing themselves, climbing onto the toilet/ changing table etc, where safe and developmentally appropriate to do so. Individual intimate care plans will be drawn up for particular children as appropriate to suit the circumstances of the child. These plans include a full risk assessment to address issues such as moving and handling and the personal safety of the child and the carer.

2.6 Careful consideration will be given to each child's situation to determine how many carers might need to be present when a child needs help with intimate care. Where possible one child will be cared for by one adult unless there is a sound reason for having two adults present. If this is the case, the reasons should be clearly documented. Staff will alert a colleague to inform them they are changing children.

2.7 Typically the member of staff on rota to provide personal support to children provides intimate care. When changing a child another member of staff working close by must be alerted to ensure reasonable protection for both child and practitioner. Records are to be kept of children's daily person care, including details of the time and the practitioner/s involved.

2.8 Parents/ carers will be involved with their child's intimate care arrangements on a regular basis. Where a care plan exists, the agreed arrangements will be recorded on the child's plan. The needs and wishes of children and parents will be carefully considered alongside any possible constraints; e.g. staffing and equal opportunities legislation. Parents/ carers are informed of changing routines for children. Parents/ carers provide nappies, wipes and change of clothes

3.0 The Protection of Children

3.1 If a member of staff has any concerns about physical changes in a child's presentation, e.g. marks, bruises, soreness etc. s/he will immediately report these concerns to a Designated Safeguarding Lead (DSL) for child protection – see the separate Child Protection and Safeguarding Policies of Our Lady and St Rose of Lima Catholic Primary school for actions that must be taken.

3.2 Where appropriate, all children will be taught about how to keep themselves safe from abuse, carefully matched to their level of development and understanding. Our toilet and changing areas for children are carefully positioned to balance the child's right to privacy with the need to ensure robust safeguarding procedures are maintained. Outer doors, where present, are not to be closed on bathroom areas when in use.

3.3 If a child becomes distressed or unhappy about being cared for by a particular member of staff, the matter will be looked into and outcomes recorded. Parents/ carers will be contacted at the earliest opportunity as part of this process in order to reach a resolution. Staffing schedules will be altered until the issue(s) are resolved so that the child's needs remain paramount. Further advice will be taken from outside agencies, if necessary.

3.4 If a child requires additional support other than that of general good practice outlined within this policy then an individual intimate care plan and specific training will be put in place, this will be supported by health professionals and the physical and disability support team.

3.5 If a child makes an allegation against a member of staff, all necessary procedures will be followed (see Our Lady and StRose of Lima Catholic Primary school Safeguarding Policies).

3.6 Our Lady and St Rose of Lima Catholic Primary and Nursery School have procedures in place for dealing with the spillage of body fluids, such as the process to be followed when a child accidently wets or soils themselves. The same procedures are in place for children who are in nappies or pull ups. Fresh gloves and aprons are worn by staff when changing children, nappies are sealed securely and disposed of appropriately and changing areas are kept clean.

4.0 Policy Review

The Governing Body of our schools is responsible for ensuring this policy is reviewed and amended as appropriate.

Date Policy Adopted: October 2026

Date for next renewal: October 2027

Signed: G.Buckby

Chair of Governors

Signed: A.Hensman

Head Teacher