



# Policy for Intimate Care

Ratified by the Board of Governors on \_\_\_\_\_

Chair of Governors: \_\_\_\_\_

Date of Review: October 2025

# **Intimate Care Policy and Guidelines Regarding Children**

## **Definition**

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

Parents have a responsibility to advise staff of the intimate care needs of their child, and staff have a responsibility to work in partnership with children and parents.

## **Intimate care can include:**

- Feeding
- Oral care
- Washing
- Dressing/undressing
- Toileting
- Menstrual care
- Treatments such as enemas, suppositories, enteral feeds
- Catheter and stoma care
- Supervision of a child involved in intimate self-care

## **Principles of Intimate Care**

- Every child has the right to be safe.
- Every child has the right to personal privacy.
- Every child has the right to be valued as an individual.
- Every child has the right to be treated with dignity and respect.
- Every child has the right to be involved and consulted in their own intimate care to the best of their abilities.
- Every child has the right to express their views on their own intimate care and to have such views taken into account.
- Every child has the right to have levels of intimate care that are as consistent as possible.



## **Responsibilities of Staff involved with intimate care**

- All staff working with children must hold an Access NI enhanced certificate. This includes students on work placement and volunteers.
  
- The Principal/Designated teacher for child protection must ensure that all staff undertaking the intimate care of children are familiar with, and understand the Intimate Care Policy and Guidelines together with associated Policy and Procedures e.g. ACPC Regional Policy and procedures 2005, Safeguarding Vulnerable Groups (Northern Ireland) Order 2007.
  
- All staff must be trained in the specific types of intimate care that they carry out and fully understand the Intimate Care Policy and guidelines within the context of their work. This will differ from child to child and will be specified in the individual care plan agreed by the parent, school nurse and school staff.
  
- Intimate care arrangements must be agreed by the school, parents/guardian and child (if appropriate).
  
- Intimate care arrangements must be recorded in the child's personal file and consent forms signed by the parents/guardian and child (if appropriate).
  
- Staff should not undertake any aspect of intimate care that has not been agreed between the school, parents/guardian and child (if appropriate).
  
- Additional trained staff will be available to undertake specific intimate care tasks in the event of a staff member being on sick leave.
  
- Intimate care arrangements will be reviewed regularly. The views of all relevant parties, including the child (if appropriate), will be sought and considered to inform future arrangements.
  
- If a staff member has concerns about a colleague's intimate care practice they must report this to their designated teacher.

## **Guidelines for Good Practice**

### **Mission Statement**

All children have the right to be safe and to be treated with dignity and respect.

These guidelines apply to every member of staff involved with the intimate care of children.

Disabled children can be especially vulnerable. Staff involved with their intimate care need to be sensitive to their individual needs.

Involve the child in their intimate care

Treat every child with dignity and respect and ensure privacy appropriate to the child's age and situation.

Make sure practice in intimate care is consistent. As a child can have multiple carers a consistent approach to care is essential. Effective communication between parents/outside agencies ensures practice is consistent.

Be aware of own limitations

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 you take to intimate care can convey lots of message to a child about their body worth.

Concerns that need to be reported. If you observe any unusual markings, discolourations or swelling including the genital area, report immediately to your designated teacher. If during the intimate care of a child you accidentally hurt them, reassure the child, ensure their safety and report the incident immediately to your designated teacher. Report and record any unusual emotional or behavioural response by the child. A written record of concerns must be made and kept in the child's personal file.

It is important to follow the school's reporting and recording procedures.

Parents/guardians must be informed about concerns.

Please refer to:

- DE Safeguarding and Child Protection in Schools 2011/04
- Safeguarding Vulnerable Groups (Northern Ireland) Order 2007
- Carrickmannon Primary School Child Protection Policy
- Administration of Medicines Policy
- Whistleblowing Policy

## **Working with children**

### **Principles**

The individual child's safety, dignity and privacy are of paramount importance.

### **Intimate Care**

The intimate care of boys/girls can be carried out by a member of staff of the opposite sex. Care should be provided with the following provisions:

- The delivery of intimate care by staff will be governed by Fair Hill Primary School's professional Code of Conduct in conjunction with the School's policy and procedures and in agreement with the designated teacher for Child Protection/Principal
- When intimate care is being carried out ALL children have the right to dignity and privacy i.e. they should be appropriately covered, the door closed or screens/curtains put in place
- If the child appears distressed or uncomfortable when personal care tasks are being carried out, the care should stop immediately. Try to ascertain why the child is distressed and provide reassurance
- Report concerns to your Designated teacher and make a written record
- Parents/guardians must be informed about concerns

### **Changing after Accidents**

From time to time in school young children may need assistance with intimate care, ie help with changing of clothes and cleaning after a wetting, soiling or vomiting incident. It may be that they need general help or that they have had a little accident and may need to change.

In the situation where a child needs some assistance with intimate care, a member of staff will help but toilet doors should be left unlocked. Another member of staff should be informed so that there is openness and shared information about what help was given. It should be noted that by the time a child starts school they will normally be expected to be independent in terms of their use of toilet facilities.

Should children wet themselves, school staff will help by providing spare clothing if available. If the child is able they will be encouraged to change their clothing, however if they need help **and are willing to receive it** the staff will assist. Again this assistance must not be given without another member of

staff being made aware of it. If this situation does occur the parent will be informed by note or telephone that day.

If a child soils their clothes in school, the parent or other appropriate contact person will be contacted to take the child home. Should they not be available to help or we are unable to contact them, then the child's clothes will be changed for their own comfort. The same set of guidelines as mentioned previously will apply.

When helping children with intimate care, we will aim to provide them with the appropriate level of caring support whilst minimising as far as possible the level of physical contact with the child in intimate body regions.

These procedures may seem very business-like, but they are designed to protect both pupils and staff. We need to make sure that we operate a system which is open and yet caring. We have every intention of maintaining our level of care and support for the children and this policy is to clarify our procedures.

Should any member of staff have concerns about a child or a situation they should report these to a Designated Teacher or to the Principal. If a parent or carer has concerns about a child or questions about a situation in school, they should contact the Principal.

We believe that the positive working relationship between home and school is a major factor in providing care and security for the children. This working relationship thrives upon openness, effort and trust. We will do all in our power to promote this in our dealings with children, parents and the wider community.

# Appendix 1



## Intimate Care Policy

### Parental Permission

I hereby confirm that I have received, read and understood the school intimate care policy.

I agree that staff may follow this policy to care for my child if the need arises.

**Child's Name:** \_\_\_\_\_

**Parent / Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_