

SESMA Martial Arts UK

Developing Confidence & Self Esteem since 1989

Intimate Care Policy

Definition

Intimate care can be defined as any care which involves washing, touching or carrying out a procedure to intimate personal areas which most children usually carry out themselves. However, some children are unable to care for themselves because of their young age, physical difficulties or other special needs. Examples include care associated with continence management as well as more ordinary tasks such as help with toileting or dressing.

Intimate care can be a 'one-off' incident, for example, when a child has a toileting accident and needs assistance with cleaning or undressing. It can also be a more long-term situation such as helping a child who has additional needs with daily toileting requirements or supporting younger children who are still in nappies or pull ups linked to medical conditions.

Best Practice

Staff who provide intimate care at SESMA Martial Arts are trained to do so as part of first aid and child protection and are fully aware of best practice regarding infection control, including the need to wear disposable gloves and aprons where appropriate.

All 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 possible. Parents will be informed verbally as to any intimate care which has occurred daily regarding frequency of changes or toileting accidents.

Every child's right to privacy and dignity will be respected. 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. Only adults employed by the SESMA Martial Arts will assist with the intimate care of children. All staff at SESMA Martial Arts have enhanced DBS checks.

Whenever possible, two adults will assist a child with intimate care, however, this is not always practical. It is therefore SESMA policy for a member of staff to inform another adult when they are going to assist a child with intimate care.

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Personal Care Procedures

Staff at SESMA Martial Arts

- Change the child's clothing as appropriate, as soon as possible
- Talk to the child and ensure they are aware of what is happening
- Use hypo allergenic wipes if appropriate
- Inform parent/carer that a continence issue has arisen during the session
- Contact a parent/carer only where soiling is severe and/or linked to illness such as sickness and diarrhoea, or when a child refuses to let a member of staff help change their clothing
- Wear disposable gloves (and aprons) if appropriate
- Double bag soiled clothing
- Dispose of soiled nappies and pull ups in the yellow bin in the medical room
- Ensure the changing area is clean after use
- Wash and dry their hands with soap and water as soon as the child is changed