

# Intimate Care

At Children's Respite Trust, we are committed to ensuring that the safety, dignity, and privacy of every child are maintained at all times during the provision of intimate care.

## Definition of Intimate Care

Intimate care includes any task that involves washing, touching, or performing procedures on intimate personal areas. This encompasses activities related to bodily functions and personal hygiene, such as toileting, washing, dressing, and menstrual care.

## Professional Conduct

Our staff members who provide intimate care will do so with the utmost professionalism. They are trained in relevant areas, including health and safety, child protection, and manual handling, to ensure they are well-prepared to deliver intimate care safely and respectfully.

## Safeguarding and Training

Staff are fully aware of safeguarding issues and will have completed all necessary training before providing intimate care. This ensures that no child experiences distress or pain as a result of receiving intimate care.

Staff will work in partnership with parents or carers to provide care appropriate to the needs of the individual child and together will produce a care plan. The care plan will set out:

- What care is required
- Number of staff needed to carry out the task (if more than one person is required, reasons will be documented)
- Additional equipment required
- Child's preferred means of communication (eg verbal, visual)
- Child's level of ability – what tasks they are able to carry out by themselves

## Best practice

When intimate care is given, the member of staff will explain to the child each task that is carried out, and the reasons for it. Staff will encourage children/young people to do as much for themselves as they can.

If a child requires intimate care on a regular basis, it is considered best practice for two members of staff to share the responsibility. This approach reduces the likelihood of the child becoming overly dependent on a single staff member and minimizes distress if their usual carer is occasionally unavailable. However, the preferences of parents regarding the number of staff providing personal care to their child must also be taken into account, as some children and young people may find it difficult to cope with more than one staff member.

We have policies in place that promote safer recruitment practices, robust staff supervision, and safeguarding measures. All staff members have undergone a Disclosure and Barring Service (DBS) check and have been enrolled in the update service. The **Head of Care** will conduct an annual review of each DBS, or as required, to ensure there are no changes. These policies, along with our intimate care procedures, ensure that if a child requires consistent care from a single staff member, the child's safety and wellbeing will not be compromised.

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## Protecting children/young people

Staff are familiar with guidance from the Local Safeguarding Children Board. The Children's Respite Trusts procedures reflect the guidance in *Working Together to Safeguard Children (2023)* and staff are familiar with the *What To Do If You're Worried A Child Is Being Abused* flowchart from this document.

If a member of staff is concerned about any physical changes to a child, such as marks, bruises, soreness etc, they will inform the **DSL** (Designated Safeguarding Lead) immediately. The procedures set out in the **Safeguarding** policy will be implemented.

Should a child become unhappy about being supported for by a particular member of staff, the **U5's Manager** and **Deputy U5's Manager** will investigate and record any findings. These will be discussed with the child's parents or carers in order to resolve the issue. If necessary, **U5's Manager** and **Deputy U5's Manager** will seek advice from outside agencies.

If a child makes an allegation against a member of staff, the procedure set out in the **Safeguarding** policy will be followed.

## Dealing with blood and body fluids

Blood, vomit, urine and faeces will be cleaned up immediately and disposed of safely by double bagging the waste and removing it from the premises. When they are dealing with body fluids, staff will wear personal protective clothing (disposable plastic gloves and aprons) and will wash themselves thoroughly afterwards. Soiled children/young people's clothing will be bagged to go home – staff will not rinse it. Children/young people will be kept away from the affected area until the incident has been dealt with fully.

Staff at Children's Respite Trust will maintain high standards of personal hygiene and will take all practicable steps to prevent and control the spread of infection.

This policy was adopted by: Michelle Hulse	Date: 18/01/2026
To be reviewed: January 2027	Signed: 