

Tandragee Junior High School SEN Dept

Intimate Care Guidelines for the Carer

Dated 19.09.2017

These guidelines are based on The Intimate Care Policy and Guidelines Regarding Children (last reviewed 22.06.2016) produced by the Area Child Protection Committee and based on their Regional Policy and Procedures April 2005. The full document is on the Education Authority website and a copy is available in school.

Definition of Intimate Care:

Any activity required to meet the personal care needs of an individual child and can include:

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

Guiding Principles

Every child has the right...

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

As a carer you should also remember the following:

1. You should only undertake intimate care that has been agreed with parents
2. You should encourage a child's independence, talk about the procedure and give them choice where possible.
3. To encourage a child's self-esteem about their body, try to be relaxed and make the routine as enjoyable as possible for them.
4. You should where possible give prior warning if not available for a care routine that you normally carry out.
5. You may elect to have a 2nd 'carer' present during intimate care duties.
6. You have a responsibility for safeguarding of the child in your care. Report and record any incidents that give rise for concern, for example, if you notice any unusual markings, or swelling, if the child has an unusual emotional/behavioural response, if the child misunderstands/misinterprets something.
7. If you have concerns about a colleague's intimate care practice, you should inform your designated manager.

Period Dignity and Menstrual Well-Being

TJHS aims to increase knowledge and understanding about the menstrual cycle, periods and menstrual well-being as well as the provision of free and accessible period products for all young people. As a school we endeavour to have a positive impact on pupil confidence, wellbeing, attendance and attainment.

At TJHS we aim..

- To create a caring culture in which conversations about periods are discussed openly and without embarrassment and provide the opportunity to challenge negative attitudes.
- To raise awareness and inform all students about the Period Dignity project as well as parents and staff.
- To create a culture of openness and support in relation to menstrual issues and learn about the difficulties and challenges that young people can face.
- Under the SDP areas of Positive mindset, Child Centre provision, Teaching and Learning and Emotional Well-being the period Dignity Policy will be addressed in curriculum areas such as RSE, PE, PD, Science, R.E. and Citizenship.

TJHS fully supports the Period Dignity Policy which applies to anyone who menstruates so that products can be accessed freely by all pupils during the school academic year