**1.13.5 Staff/Child Relationships, Physical Contact and Intimate Care**

**Regulations and Standards**

**England**

* Regulation 7: [The Children’s Views, Wishes and Feelings Standard](http://qualitystandards.proceduresonline.com/homes/p_quality_standards.html#ch_views)
* [Regulation 11: The positive relationships standard](http://www.legislation.gov.uk/en/uksi/2015/541/regulation/11/made)
* Regulation 12: [The Protection of Children Standard](http://qualitystandards.proceduresonline.com/homes/p_quality_standards.html#protection_ch)
* [Guide to the positive relationships standard](http://onrezume.org/Guides/Guide%20to%20the%20positive%20relationships%20standard.pdf)
* [Regulation 19: Behaviour management and discipline](http://www.legislation.gov.uk/en/uksi/2015/541/regulation/19/made)

**Wales**

* Regulation 35: Fitness of staff <https://www.legislation.gov.uk/wsi/2017/1264/regulation/35/made>
* Regulation 36: Supporting and developing staff https://www.legislation.gov.uk/wsi/2017/1264/regulation/36/made

**Outcome statement**

Children's privacy is respected and information is confidentially handled. Children enjoy sound relationships with staff based on honesty and mutual respect.

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**1. General**

Suitable arrangements should exist in all homes for matters relating to physical contact, intimate care, menstruation, enuresis, encopresis and other aspects of children's personal care.

**2. Physical Contact**

Staff must provide a level of care, including physical contact, which is designed to demonstrate warmth, friendliness and positive regard for children.

Physical Contact should be given in a manner which is safe, protective and avoids the arousal of sexual expectations, feelings or in any way which reinforces sexual stereotypes.

Whilst staff are actively encouraged to play with children, it is not acceptable to play fight or participate in overtly physical games or tests of strength with the children.

**3. Intimate Care**

Children must be supported and encouraged to undertake bathing, showers and other intimate care of themselves without relying on staff.

Where staff are required to directly support children with intimate personal care this should be recorded within the care plan and reviewed at regular intervals.

Such arrangements must emphasise that children's dignity and their right to be consulted and involved will be protected and promoted; and, where necessary, staff/carers will be provided with specialist training and support.

Unless otherwise agreed, children will be given intimate care by adults of the same gender.

**4. Menstruation**

Young women should be supported and encouraged to keep their own supply of sanitary protection without having to request it from staff.

There should also be adequate provision for the private disposal of used sanitary protection.

**5. Enuresis and Encopresis**

If it is known or suspected that a child is likely to experience enuresis, encopresis or may be prone to smearing it should be discussed openly, with the child if possible, and strategies adopted for managing it; these strategies should be outlined in the child's[**Placement Plan**](http://www.proceduresonline.com/brynmelyn/local%20keywords/placement_plan.html).

It may be appropriate to consult a Continence Nurse or other specialist, who may advice on the most appropriate strategy to adopt. In the absence of such advice, the following should be adopted:

1. Talk to the child in private, openly but sympathetically.
2. Do not treat it as the fault of the child, or apply any form of sanction.
3. Do not require the child to clear up; arrange for the child to be cleaned and remove then wash any soiled bedding and clothes.
4. Keep a record, either on a dedicated form or in the child's Daily Record with detail, if necessary, in a Detail Record.
5. Consider making arrangements for the child to have any supper in good time before retiring, and arranging for the child to use the toilet before retiring; also consider arranging for the child to be woken to use the toilet during the night.
6. Consider using mattresses or bedding that can withstand being soiled or wetted.

**End**

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