



Breakaway

Bathing / Personal care policy

Policy Owner:	Ranbir Sidhu (Registered Manager)
Version:	1:3
Date:	April 2024
Review Date:	April 2025

Policy Summary:

Regulation 6, 10 & 12 of Guide to Children's Homes Regulations 2015



A hands-on approach to help children in Slough be
..... Safe, Secure and Successful

Policy Aim:

Ensuring that health and safety of children when bathing or providing personal care.

Legislation, Central Government and other External Documents

- Children's Homes Regulations including Quality Standards 2015
- Care Standards Act 2000/14
- Children Act 2004

Breakaway References

- Breakaway Cross Gender Care Policy
- Children's Individual Care Plan
- Risk Assessments

Policy

During their stay at Breakaway, each child may use the bathing facilities. This may include the shower or bath. **It is imperative that under no circumstances may a child be left in the bathroom area out of visual sight of their allocated worker, without the written consent of the child parent or guardian.**

The personal care needs of every child will be unique and specified within their personal care plan – 'This Is Me'. When bathing, all care workers must have read and fully understand the care plan and follow the guidelines within that plan for the child they are working with. Individual risk assessments must also be read, understood and followed. Written consent of the parents/guardian of the child contained in the care plan may override the above policy requiring staff having visual sight of the child in the bath. In these circumstances, staff are required to sit/stand outside the bathroom whilst the child showers/bathes. Routines are very important to children, following their care plans will reinforce familiarity and act as reassurance during their stay at Breakaway.

Privacy and Respecting Children's Dignity

Bathing is a time for the children to not only wash, but to relax and wind down. Bathing is a private time when children may feel vulnerable being undressed in front of carers. The use of shower/bath curtains can be used. Privacy is important as some children may use bath time to explore their own bodies. Try to give the child time to do this without directly watching/looking over them. Sit on a chair outside of the shower/bath curtain or sit outside of the bathroom if permitted by their care plan.

Staff should ensure that any staffing arrangements aim to meet gender needs of children. Some children require the same gender personal care assistance and this would be stated in the child's care plan. (Read in conjunction with Breakaway's Cross Gender Care Policy).

Procedure

- Ensure before you have entered the bathroom with the child you have everything you need for the whole duration of bathing/ personal care. Parents/carers are asked to send in toiletries for their child and these must be used. If a child has not any toiletries then Breakaway's supply should be used and a message put in the child's communication book that toiletries are required for their next stay. Please check individual consent forms in

relation to this activity. If an item, unfortunately, is missed when getting everything together and is required for bathing then you must call for a member of staff and ask them to get it for you. At no point is the child to be left alone in the bathroom unless written consent is in place. A supply of Breakaway toiletries are kept in the linen cupboard if they be required.

- If Breakaway's towels and flannels are used then a fresh set must be used for each child. Under no circumstances can towels and flannels be used on more than one child, until they are washed/sterilised again.
- It is important that all females are encouraged to wash their vaginas and bottoms from front to back, thus reducing the spread of infection.
- Each child should bring in their own toothbrush. If they haven't got their own then Breakaway staff would need to get them a new one from the supply that Breakaway hold (linen cupboard). If a toothbrush is supplied then it is not to be used by any other child. Once used the toothbrush is to be clearly labelled with the child's name. When getting a toothbrush for a child please check first whether there is already one labelled for the child. Children should bring in with them their own hairbrush/comb. If not a Breakaway hairbrush/comb (linen cupboard) may be used. After each use the brush/comb must be thoroughly cleansed.
- Children with head lice should always have a hairbrush/comb for sole use.
- To prevent children slipping when they exit the bath or care workers slipping on water on the floor, bath mats must be used on the floor to absorb excess water. If the bath mat doesn't adequately cover the area of wet floor or the amount of space the child needs, towels may be used.
- When assisting a child with undressing, talk to them and explain everything that you are doing so that they understand what is happening to them. When drying children, cover the part of their body that may be exposed whilst drying the other part to maintain their dignity.
- Some children can independently undress themselves, in these circumstances they must be allowed to do this with the care worker only giving assistance if the child asks them to .
- Always check care plans as well as individual programmes within the 'This Is Me' as to the level of assistance the child will/may require.

Overhead Tracking in B-side bathroom

Staff must be trained and feel confident to use the over head tracking efficiently before they hoist a child into the bath or shower trolley. This is also to include how to use the over head tracking during a power failure or emergency. The over head tracking in the bathroom must be used only for the children who require hoisting.

A-side Bath/ Walk in shower

This bath is fixed to the floor and cannot be adjusted. Therefore this bath is more suited to children who are able to carry out a certain amount of self care. back.

When bathing a child, staff must ensure a non-slip mat is placed in the bath before the child or young person enters the bath. The water temperature must also be checked to ensure that it is at an acceptable temperature (not exceeding 42 degrees).

It is vital that the plug on this bath has a metal chain attaching it to the bath to enable it to be pulled out as quickly as possible in an emergency situation to release the water down the drain i.e. if a child has a seizure.

If a child who has Epilepsy wants to use the bath, no plug should be used. The child can use the shower in the bath, alternatively, all epileptic children can only have showers due to risk associated with bath water.

This shower is a walk-in shower. A non-slip mat must be placed in the shower tray before a child enters the shower. The children using shower chair can be wheeled to access this shower

A-side and B-side doors

On each bathroom door there is a lockable door and staff have a key to allow access. All staff must ensure that they have the internal key to the bathrooms. It is the responsibility of each care worker to obtain the key during handover, if they don't already have it. The bathroom doors may be locked for the safety of the children when not in use and at night times.

There are two separate communal toilets that are accessible to children. However, if a child prefers to use the toilet in one of the bathrooms, in preference to the single toilets, then their allocated worker will open the door for them. The worker to go in the bathroom with the child, if appropriate, if not they are to stand directly outside the bathroom door so that they can open the door if they are concerned for the safety of the child. Any staff member entering a bathroom/toilet must always introduce themselves before entering.