

Example checklist for bathing and changing **(Adapted from Royal College of Nursing, 2008)**

- CYP's protocols, procedures, preferred routines and related learning targets are known.
- Staff know how to make the CYP as comfortable as possible throughout.
- The CYP has had accessible information about what is happening, understands it and has had time to take it in.
- All the resources and equipment needed are to hand.
- The environment has been prepared (e.g. privacy, temperature, hygiene, privacy notice on door).
- If needed, a helper is available to support lifting and handling.
- Other staff have been discretely informed of what is happening.
- Maximum possible privacy for the CYP is ensured (e.g. privacy notice on door).
- Strategies are in place so the CYP is exposed as little as possible (e.g. covering with a dry, clean towel for modesty when possible).
- CYP is encouraged to increase independence in line with protocols and learning targets.
- CYP is at the centre of respectful and empowering interaction with staff throughout (e.g. included, not talked over).
- The environment is tidied afterwards – involving the CYP if appropriate.
- The CYP is comfortable and engaged in their next activity.