Re: Self-stimulating behaviour.

From your letter it appears that this child has been self-stimulating. This behaviour is commonly seen in younger children as a self-soothing behaviour.

It is important to rule out a medical cause for the behaviour, such as itching, skin irritation or vulvovaginitis. These conditions should be screened for and treated accordingly. There are excellent parental information sheets on vulvovaginitis and vulval skin care available on the Royal Children’s Hospital Melbourne website.

From your letter there are no concerns regarding other sexualised behaviours or concerns regarding possible sexual abuse. If there are concerns regarding possible abuse a referral should be sent to Tautoko Mai Sexual Harm Support for further assessment.

Children often use self-soothing behaviours when they are anxious or stressed. It is important to look for possible stressors at home or at school and address these. If the behaviour is significant at school, the teachers could consider a referral to the Resource Teachers for Learning and Behaviour (RTLB) for assistance in managing these behaviours. Distraction techniques are often very helpful.

Please do not hesitate to contact us if this letter has not addressed your concerns.

Ngā mihi

Yours sincerely

Electronically checked and approved

Paediatric Grading Team