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| **Child & Youth Outpatient Clinic**  **Date**  **NHI** | | | Regional Call Centre  Telephone: 0800 333 477 |
| GP | Cc Family | |

Dear Doctor

**Patient details**

Thank you for your referral letter. From your letter it appears that *he/she* has been self-stimulating. This behaviour is commonly seen in children of *her/his* age as a self-soothing behaviour.

It is important to rule out a medical cause for the behaviour, such as itching, skin irritation or in girls 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 Childrens 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 the Bay of Plenty Sexual Abuse Support Services 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 referral to the Resource Teachers for Learning and Behaviour (RTLB) for assistance in managing these behaviours. Distraction techniques are often very helpful.

We have not arranged to see *Name* in the Paediatric Clinic but please do not hesitate to contact us if this letter has not addressed your concerns.

Yours sincerely

Electronically checked and approved

**Paediatric Team**