

## Writing a Touch Policy

It is a good idea to have a policy which sets out the type of physical contact a child might experience when in your care.

Ensure that it contains information such as:

There being no physical punishment of any child at any time.

That children need nurturing and adult physical contact is inevitable as it aids their care and healthy development.

Explain the various types of contact that could happen, these can include:

Nurturing: Hugs and non-intimate kisses, hand holding, gentle tickling, carrying and cuddling.

Explain that this type of contact is only made with the consent of the child.

Protection from harm: This might include restraining children from harmful situations, separating physically conflicting children, directing children by gently leading or guiding them, and administering first aid to injuries.

Care: This will include such things as face and hand washing, assisting with the toilet, nappy changing, examining rashes or unusual marks, nose blowing and helping with or carrying out necessary clothing changes. Applying sun cream or nappy rash cream.

Explain that it is also normal for peers to hug and kiss each other and this will not be discouraged unless inappropriate to the age of the children.

Hope this helps!

Happy Childminding!

Pauline