



# **Dunoon ELC Barefoot Policy**

**This policy was adopted at a meeting of:**

***Dunoon Early Learning and Childcare***

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On May 2025

Signed: *Rachael Bryant*

Designation: Principal Teacher

## Statement of Purpose



The UN Convention on the Rights of the Child

Article 6 (life, survival and development)

Article 24 (health and health services)

At Dunoon Primary School ELC we strive to create an environment where children feel safe, comfortable and at home, whilst promoting healthy growth and physical development.

*'A barefoot walker receives a continuous stream of information about the ground and about its own relationship to it, while a shod foot sleeps inside an unchanging environment.'*

Dr Paul Barnard (White, J. 2015 Every Child a Mover)

### Consistency of Approach

At Dunoon Primary School ELC all staff respect each person as an individual and their choice to wear/not wear shoes and we acknowledge and respect cultural, religious and family values.

Dynamic risk assessments will be carried out and monitoring of accident/incident records to ensure children can safely not wear shoes. Staff to be vigilant to hazards and discuss the risks with children. Children will be encouraged to remove socks to avoid slipping.

In the event a fire evacuation children's shoes will be uplifted if it is safe to do so.

Staff will talk to the parents/carers about the benefits of this policy and share physiotherapy information leaflet with parents about buying suitable footwear e.g., trainers instead of plimsolls.

### Aim

- Children will be enabled to have full use of feet where it is safe to do so.
- Children will grow natural shaped feet, development of the arch and strengthen the soft structure of the foot.
- Children will experience sensory feedback between the sole and the brain, which is used by the brain to modify our steps and enable a better postural response to uneven terrain.
- Going bare foot promotes better positioning of joints in the foot, ankle, knee, hip and spine, reducing the likelihood of pain and injury in later life.
- Health and wellbeing is fully embedded in the daily life of the setting.
- Children will develop gross/fine motor skills and independence in putting on and taking off shoes/socks.

### Health and Social Care Standards:

2.27 As a child, I can direct my own play and activities in the way that I choose, and freely access a wide range of experiences and resources suitable for my age and stage, which stimulate my

natural curiosity, learning and creativity.

3.1 I experience people speaking and listening to me in a way that is courteous and respectful, with my care and support being the main focus of people's attention.

3.14 I have confidence in people because they are trained, competent and skilled, are able to reflect on their practice and follow their professional and organisational codes.

3.21 I am protected from harm because people are alert and respond to signs of significant deterioration in my health and wellbeing, that I may be unhappy or may be at risk of harm.

5.17 My environment is secure and safe.

