

01 Health and safety procedures

01.19 Face Painting and Mehndi

Our Aim:

At Peekaboo Childcare, we want celebrations, events and creative activities to be fun and safe for every child.

Face painting and mehndi (henna-style body art) can be lovely cultural and artistic experiences, but we always put children's health, comfort and safety first.

This procedure explains how we carry out these activities safely and in line with EYFS requirements for health, hygiene and parental consent.

Face Painting

✓ Consent and Choice

- Children are only face painted if parents have given consent - This is given via the permissions section on Family.
- At events where parents are present, verbal consent is accepted.
- No child is ever made to take part. If a child says no, we respect their choice.

Younger Children

- Children under two years old are not fully face painted.
- A small design such as whiskers, a nose, or a simple hand/arm design is fine if the child is comfortable.

When Face Painting Is Not Allowed

We do not paint:

- children with rashes, open sores, eczema or other skin conditions
- children under two with glitter paints
- children who appear uncomfortable or unable to sit safely

Hygiene and Safety

To ensure cleanliness:

- Staff wash their hands and cover any cuts before painting
- Brushes and sponges are cleaned using fresh, clean water
- Ideally, sponges are used once per child, then machine-washed
- Only face paints that meet EU and FDA safety standards are used

Staff Safety

Face painting can cause strain, so staff:

- use supportive seating or footwear
- take breaks wherever possible
- avoid awkward or prolonged positions

Mehndi (Henna) Painting

Consent

- Parents must give explicit permission before mehndi is applied.
- We never apply mehndi to children under 3 years old.

Children Who Cannot Take Part

We do not apply mehndi to children who:

- have allergies
- have sensitive skin or eczema
- are anaemic
- have weakened immune systems or are unwell

Safe Materials

We only use:

- 100% natural red henna mixed with water
- OR safer non-henna alternatives where possible

We never use:

- black henna (dangerous and can cause severe reactions)

Cultural Sensitivity



Where mehndi is an important part of family culture, we follow these safety rules while respecting cultural traditions.

Further Guidance

- *Good Practice in Early Years Infection Control* (Alliance 2009)