



## **Physical Restraint Policy**

### **Lawful forms of Physical restraint. (Education Department Guidance)**

It is unacceptable to restrain a child in everyday practise, however there are situations where it can be deemed appropriate and reasonable these include:

- Any holding tactic which restrains a child without injury until he/she calms down;
- Physical contact with a child designed to control the child's movements which pose a danger ( e.g. Holding of arms or legs to prevent or restrict striking or kicking);
- The use of minimum physical force – without deliberately causing injury – to remove a dangerous object from a pupil's grasp;
- Physically preventing a child from exposing her/himself to possible danger by leaving the premises.

The use of physical restraint should be seen as the last resort. Physical restraint should only be used to prevent a child

- From harming him/herself
- From harming others, or
- From serious damage to property, or
- From engaging in any behaviour prejudicial to maintaining good order and discipline.

Staff are not expected to attempt to restrain a child if they are likely to put themselves at risk but there are occasions when physical intervention is necessary to avoid potential danger.

Staff are aware of all children and their everyday behaviour, if a child has needed to be restrained before an action plan of how, why and when the child needs restraining will have been made which the staff will follow. However if it is the first time a child has needed to be restrained the staff will assess the situation and the child's behaviour to see if it is deemed necessary to restrain the child.

### **Whilst intervening staff must:**

- Employ minimum force for a minimum period necessary to restrain the child;
- Keep talking to, or otherwise communicate with the child; e.g. 'when you are calm I can let go'
- Avoid threatening or committing any act of punitive violence;
- Keep his/her temper under control
- Have regard to others in the vicinity

**After Intervening**

The member of staff must;

- Fill out an incident form which will be given to and the incident explained to the parent via phone if deemed serious enough or on collection of the child;
- report the incident to the manager;

**The management of the nursery must:**

- provide appropriate support for the children and staff concerned
- consider the needs of others present who observed the incident
- Follow the appropriate complaint or disciplinary procedures if necessary.