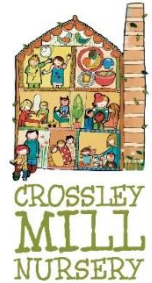


# Restraint Policy & Incident Form

Last approved: 10 September 2025  
Approved by: Nursery Management  
Next review: 9 September 2027



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## Purpose

The purpose of this policy is to outline the procedures and guidelines for the use of physical restraint in our nursery setting. The primary aim is to ensure the safety and welfare of children and staff, while minimizing the need for physical intervention.

## Aim

This policy aims to create a safe, supportive environment where physical restraint is rarely needed and always handled with care and professionalism. In some exceptional circumstances it may be necessary to physically restrain a child in order to prevent:

- personal injury to themselves
- personal injury to another child or adult
- immediate danger of death to themselves
- immediate danger of death to another child or adult

Under these circumstances staff will not be in breach of the law and potential risks are considered when developing and implementing Use of Reasonable Force to Control or Restrain

## Definitions

- Physical Intervention: Any method of physically intervening to resolve a difficult or dangerous situation.
- Physical Restraint: The use of force with the intention of restricting a child's movement against their will.

## Principles

- Last Resort: Physical restraint should only be used as a last resort when all other strategies have failed.
- Safety First: The health and safety of the child must always be prioritized. Restraint should cease immediately if there are signs of distress or harm.
- Non-Punitive: Physical restraint must never be used as a form of punishment or to cause pain or humiliation.

## Guidelines for Use

- Prevention and De-escalation: Staff should employ non-physical strategies to manage behaviour, such as de-escalation techniques and conflict resolution.

- Reasonable Force: Staff will make the judgement to physically restrain a child only when there is a real or potential danger. If restraint is necessary, only reasonable force should be used to ensure safety.
- Communication: Staff should communicate calmly and clearly with the child throughout any incident, preferably in a quiet area, explaining the reasons for restraint and reassuring them that it will stop once safety is ensured. They will be calmed and reassured by the staff. An explanation will be given to the child as to why they were restrained using language appropriate to their understanding.

## **Prohibited Actions**

- Using force as a punishment.
- Actions that cause pain, injury, or humiliation (e.g., kicking, holding face down).
- Techniques identified as high risk, such as the 'double basket-hold' or 'nose distraction technique'.

## **Risk Management**

- Individual Plans: Children with known behavioural challenges should have individual risk assessments and behaviour plans developed in collaboration with parents/carers.
- Training: Staff should receive appropriate training in behaviour management and physical intervention techniques.

## **Incident Reporting**

- All incidents involving physical restraint must be documented promptly and reviewed by management.
- Parents/carers should be informed about any incident involving their child.

## **Complaints Procedure**

- Complaints regarding the use of restraint can be made to the Nursery Manager. These will be investigated according to disciplinary procedures.

## **Legal Framework**

This policy aligns with relevant UK legislation, including Section 93 of the Education & Inspection Act 2006, which permits reasonable force to prevent harm.

## ANNEX A - Physical Restraint Incident Report Form

### Child Information

Child's Name:	
Date of Birth:	
Date of Incident:	
Time of Incident:	

### Staff Involved

Name of staff member(s) using restraint:	
Names of staff witnesses:	

### Incident Details

Location of incident:	
Trigger for incident:	
De-escalation techniques used before restraint:	
Reason for using physical restraint	

### Restraint Information

Type of restraint used:	
Duration of restraint:	
Description of restraint technique:	

### Outcome

Any injuries to child or staff:	
Medical attention required (Yes/No):	
If yes, details of medical attention:	

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### Post-Incident Actions

Parents/carers notified (Date and time):	
Debriefing with child (Date and time):	
Debriefing with staff (Date and time):	

### Follow-up

Behaviour management plan updated:	
Risk assessment reviewed:	
Additional support or training needed:	

### Signatures

Staff member completing form:	Name: Signature:
Manager review:	Name: Signature:
Date of review:	