

**Bowlers Community Nursery Physical Restraint Policy 2023**

**Bowlers Community Nursery operates a positive Behaviour Policy. It is our aim to establish good behaviour from our children in a caring and supportive environment where the welfare of the children is paramount.**

**The purpose of this policy is to outline the procedures to be followed in the extremely rare case of a restrictive physical intervention being used by a member of staff towards a child.**

**The use of physical intervention/restraint is wherever possible avoided. However, where necessary and appropriate, reasonable force will be used to control or restrain children.**

**It is our aim to:**

**Create a warm, calm and orderly atmosphere that promotes a sense of community**

**Achieve a consistent attitude by all staff that gives children a sense of security and safety whilst promoting clear expectations on acceptable behaviour.**

**Ensure that all staff, relevant directors, children, parents/carers and students understand their roles and responsibility with regard to behaviour management**

**Promote the continual development of staff and appropriate documented training necessary**

**The attitude and behaviour of all staff is essential in creating and maintaining a positive ethos within the nursery, the committed team approach will help provide a positive role model for children where they respect themselves and others.**

**Who may use Physical Interventions?**

**Staff should only use Physical Intervention if they have undertaken approved training. However, where staff/carers have not undertaken such training, the use of minimum force may be justified if it is the only way to prevent injury or damage to property.**

**Where staff have not undertaken such training, the use of force may still be justified if it is the only way to prevent injury or damage to property. In these circumstances, staff must always act in a manner consistent with the values and principles set out in this manual. Any intervention used must:**

**Not impede the process of breathing - the use of 'prone facedown' techniques must never be used;**

**Not be used in a way which may be interpreted as sexual;**

**Not intentionally inflict pain or injury or threaten to do so**

**Avoid vulnerable parts of the body, e.g. the neck, chest and sexual areas;**

**Avoid hyperextension, hyper flexion and pressure on or across the joints;**

**Not employ potentially dangerous positions.**

**Criteria for Using Physical Interventions**

**Staff Training**

**All staff must be trained in methods of behaviour management, including the use of physical intervention and restraint, that are agreed by the Home.**

**This training must ensure that staff are able to:**

**Manage their own feelings and responses to the emotions and behaviours presented by children and understand how past experiences and present emotions are communicated through behaviour;**

**Manage their responses and feelings arising from working with children, particularly where children display challenging behaviour or have difficult emotional issues;**

**Understand how children’s previous experiences can manifest in challenging behaviour;**

**Use methods to de-escalate confrontations or potentially violent behaviour to avoid the use of physical intervention and restraint.**

**Definition:**

**Physical intervention is any method of physically intervening to resolve a difficult or dangerous situation, and is not necessarily physical restraint.**

**Physical restraint is defined as when a member of staff uses force with the intention of restricting a young persons movement against their will.**

**Physical intervention and restraint should be used as last resort to support children and young people in times of crisis. Restraint should be avoided wherever possible. It is never a substitute for good behaviour management. Other methods (such as defusing conflict, non-physical calming, etc) of managing the situation should always be tried first, unless this is impractical.**

**The degree of force used should be the minimum needed to achieve the desired result. Physical restraint should only be considered an option if:**

**Calming and defusing strategies have failed to de-escalate the situation the response is paramount in the best interests of the child/ren.**

**Not intervening is likely to result in more dangerous consequences than intervening.**

**Before considering the use of force as a means to placate a volatile situation staff should, wherever practicable, reassure the child/ren they are safe and in a secure environment by responding and communicating in a calm and controlled manner throughout the incident.**

**Certain types of physical contact to restrain is explicitly forbidden (Educational Act 1996).**

**Examples of this contact would be as follows:**

**Kicking, slapping, punching, pulling children sharply by their limbs to move or remove them from an area**

**Tripping**

**Holding child face down to the ground**

**Any contact/hold that may restrict breathing/airways**

**Forcing limbs against their joint**

**In all incidents where physical restraint has been used, the following actions must be taken:**

**The manager Aoife Morgan must be informed as soon as possible.**

**The manager is responsible for ensuring parents are informed as soon as possible**

**Staff involved must complete a written record as soon as possible and always within 12 hours of incident taking place**

**Risk management**

**Any child who demonstrates continuous challenging behaviour which might necessitate any form of restraint should be observed and antecedents recorded. A behaviour plan specifying situations most likely to trigger difficulty behaviour, any strategies, de-fusing techniques most likely to help, agreed with parents/cares must be put in place and communicated to all staff who work with the child. (This must be reviewed every half term) or as deemed necessary.**

**Health & safety**

**Children’s health and safety must always be considered paramount and monitored at all times. Any restraint must be ceased immediately if significant signs of physical distress are seen e.,g, sudden changes in colour, difficulties in breathing, vomiting.**

**Staff are not under a duty to run the risk of personal injury, by intervening where it is not safe to do so. If the situation is assessed as being too dangerous, staff should remove other children, retire to a safe distance and call for another member of staff to help.**

**If a child and his/her parents/carers wish to make a complaint about physical restraint used by a member of staff or other authorised person, they will complain to the manager (Aoife Morgan) in the first instance ( or to the directors if the manager is the subject of the complaint). The incident will then be investigated under the relevant disciplinary procedure.**

**Legalities/context and framework**

**Section 93 of the Education & inspection act 2006 stipulates that reasonable force may be used to prevent a pupil/child.**

**Committing a criminal offence (or for a pupil under the age of criminal responsibility, what would be an offence for older pupil)**

**Where there is a risk of injury to others or to the pupil (child)**

**Where there is a risk of significant damage to property**

**Where good order and discipline is compromised**

**Updated: March 2023 Review Date: March 2024**

**Manager Aoife Morgan: Aoife Moran Signature: Aoife Morgan**