



Physical Restraint Policy

Safeguarding and Welfare Requirement: Child Protection
Providers must have and implement a policy and procedure to safeguard children.

At Mosterton pre-school, we are committed to creating a safe, calm and nurturing environment that promotes positive behaviour and emotional well-being. Our behaviour policy is rooted in the principle that children thrive best in a caring, consistent and structured setting, where staff model respectful relationships and clear boundaries.

Policy Purpose:

This policy outlines the procedures and principles regarding the use of restrictive physical intervention, ensuring it is applied only, when necessary, proportionate, and in the best interest of the child.

While the use of physical intervention is always a last resort, there may be occasions when it is necessary to prevent harm. In such cases, it must be carried out in line with legal and statutory guidance and within the framework of our nursery's safeguarding responsibilities.

Our Aims:

We aim to:

- Promote a calm and positive atmosphere where children feel safe and respected
- Ensure all staff, children, and parents/carers understand the approach to managing challenging behaviour, including when physical intervention may be used.
- Support staff through training and guidance to respond appropriately and consistently
- Safeguard the rights, dignity and welfare of all children and staff
- Prevent the need for physical intervention wherever possible through early support and de-escalation techniques

Definitions:

- **Physical Intervention** – Any deliberate act involving contact with a child to guide, redirect or manage behaviour. This may include holding a child's hand to prevent running into a road or separating children during a conflict.
- **Restrictive Physical Intervention (Restraint)** – The use of force with the specific intention of restricting a child's movement against their will to prevent harm.

Restrictive Intervention must only be used as a last resort when all other de-escalation techniques have failed, and there is a real and immediate risk of harm to the child, others or property.

Legal Framework:

This policy is guided by:

- Education and Inspections Act 2006 Section 93
- Children act 1989 & 2004
- Keeping children safe in education (2024)
- Use of reasonable force – Department for education guidance



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- EYFS Statutory framework

When Physical intervention may be used:

- All staff are responsible for promoting positive behaviour and applying de-escalation techniques where needed.
- Physical restraint must only be used by trained staff who understand how to apply it safely and appropriately
- Staff must remain calm and reassuring, explaining what is happening and why.
- Any use of restraint must be recorded and reported immediately (within 12 hours) and reviewed by the manager or designated safeguard lead

Recording & Reporting:

Following any physical intervention:

1. Notify the manager immediately
2. Complete a safeguarding concern form as soon as possible, always within 12 hours
3. Inform the child's parents/carers as soon as is appropriate and safe to do so (face-to-face wherever possible)
4. If necessary, a review meeting will be arranged to discuss support plans or next steps.

Risk Management:

For any child known to display challenging behaviours that could lead to physical intervention:

- A behaviour support plan and risk assessment will be developed in consultation with parents/carers
- Strategies and de-escalation techniques will be clearly documented and reviewed every half term or as needed.
- Staff working directly with the child must be fully briefed on the plan.

Health & Safety:

- The child's well being and dignity must remain the priority throughout any incident.
- Restraint must stop immediately if the child is in distress (e.g. breathing difficulties, vomiting, change in colour)
- Staff must never place themselves or others in danger. If a situation escalates beyond safe intervention, children should be evacuated, and assistance sought immediately.

Complaints procedure:

If a parent or carer is concerned about the use of physical intervention, they should speak to the nursery manager in the first instance. If the complaint involves the manager, it will be escalated to the chair of the committee.

All complaints will be handled under the pre-school's complaints procedure.

Staff Training:

- All staff receive training on positive behaviour support and conflict resolution



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- Specific training in physical intervention may be required for key staff members involved in managing high-risk behaviour

Policy Review:

This policy is reviewed annually or following any significant incident or change in legislation.

Date: September 2025

Date to be reviewed: September 2026