

# Harrold Pre-School Policies



## Physical Intervention and Restraint

### Policy Statement

At Harrold Pre-School, we are committed to a positive behaviour policy which encourages children to make positive behaviour choices. We do however recognise that children sometimes do make the wrong choices. On rare occasions this may result in a situation that requires some form of physical intervention by staff. Our policy for physical intervention is based upon the following principles:

- Physical intervention must be used only as a last resort when other appropriate strategies have failed.
- Any physical contact must be only the minimum required.
- Physical intervention must be used in ways that maintain the safety and dignity of all concerned.
- Incidents must be recorded and reported to the Leader as soon as possible
- Parents will be informed of each incident

### Procedures

At Harrold Pre-School we aim to avoid the need for physical intervention and regard this as a last resort in a tiny minority of situations. We always aim to deal with behaviour using a positive approach and therefore this policy must be read in connection with our **Child Behaviour Management Policy**.

It is not possible to define every circumstance in which physical restraint would be necessary or appropriate and staff will have to exercise their own judgement in situations which arise within the above categories. Staff must always act within the Harrold Pre-School policy on behaviour and discipline, particularly in dealing with disruptive behaviour.

Staff must be aware that when they are in charge of children during the day, or during other supervised activities, they are acting in loco parentis and have a 'Duty of Care' to all children they are in charge of. They must, therefore, take reasonable action to ensure all pupils' safety and well-being.

Staff are not expected to place themselves in situations where they are likely to suffer injury as a result of their intervention.

### Use of Physical Restraint

Physical restraint must be applied as an act of care and control with the intention of re-establishing verbal control as soon as possible and, at the same time, allowing the child to regain self-control. It must never take a form which could be seen as punishment.

Staff are only authorised to use reasonable force in applying physical restraint, although there is no absolute definition of this. What constitutes reasonable force depends upon the particular situation and the child to whom it is being applied. However, as a general rule, only the force necessary to stop or prevent danger must be used, in accordance with the guidelines below.

In all circumstances, alternative methods must be used as appropriate with physical intervention or restraint, as a last resort. If and when physical restraint becomes necessary:

#### DO

- Tell the child what you are doing and why
- Use the minimum force necessary

- Involve another member of staff if possible
- Tell the child what s/he must do for you to remove the restraint (this may need frequent repetition)
- Use simple and clear language
- Hold limbs above a major joint if possible e.g. above the elbow
- Relax your restraint in response to the child's compliance

## **DON'T**

- Act in temper (involve another staff member if you fear loss of control)
- Involve yourself in a prolonged verbal exchange with the child
- Involve other children in the restraint
- Touch or hold the child in a way that could be viewed as sexually inappropriate conduct
- Twist or force limbs back against a joint
- Bend fingers or pull hair
- Hold the child in a way which will restrict blood flow or breathing e.g. around the neck
- Slap, punch, kick or trip up the child
- Use physical restraint or intervention as a punishment

## **Actions After An Incident**

Physical restraint often occurs in response to highly charged emotional situations and there is a clear need for debriefing after the incident, both for the staff involved and the pupil. **The Leader must be informed of any incident as soon as possible** and will take responsibility for making arrangements for debriefing once the situation has stabilised. An appropriate member of staff must always be involved in debriefing the child involved and any victims of the incident must be offered support, and their parents informed.

If the behaviour is part of an on-going pattern, it may be necessary to address the situation through the development of a behavioural IEP, which may include an anger management programme, or other strategies agreed by the SENCO. This may require additional support from other services, for example the Local Authority.

It is also helpful to consider the circumstances precipitating the incident to explore ways in which future incidents can be avoided.

***All incidents must be recorded immediately on the Restraint Report Form (attached). All sections of this report must be completed so that any patterns of behaviour can be identified and addressed.***

***In the event of any future complaint or allegation this record will provide essential and accurate information.***

***A copy must be filed in the child's appropriate file and in a central file in order to inform individual and setting risk assessments.***

The Leader will contact parents as soon as possible after an incident, normally on the same day, to inform them of the actions that were taken and why, and to provide them with an opportunity to discuss it.

## **Risk Assessments**

If we become aware that a child is likely to behave in a disruptive way that may require the use of reasonable force, we will plan how to respond if the situation arises. Such planning will address:

- Strategies to be used prior to intervention

- Ways of avoiding 'triggers' if these are known
- Involvement of parents to ensure that they are clear about the specific action the Pre-School might need to take
- Briefing of staff to ensure they know exactly what action they must be taking (this may identify a need for training or guidance)
- Identification of additional support that can be summoned if appropriate
- The Pre-School's duty of care to all pupils and staff

### **RECORD OF PHYSICAL INTERVENTION OR RESTRAINT**

Date of incident:

Time of incident:

Child Name:

D.O.B:

Member(s) of staff involved:

Adult witnesses to restraint:

Outline of event leading to restraint:

Outline of incident of restraint (including restraint method used):

Outcome of restraint:

Description of any injury(ies) sustained by injured child and any subsequent treatment:

Date parent/carer informed of incident:

Time:

Informed by whom:

Outline of parent/carer response:

Signature of staff completing report:

Date:

Signature of Leader:

Date:

Brief description of any subsequent inquiry/complaint or action: