



## **Restraint policy**

Our key objective is to create an atmosphere of respect and understanding of right and wrong to minimise the need for manual handling and restraint - but in exceptional circumstances we need to be aware of acceptable procedures.

Therefore, we should generally be;

- Creating a calm environment.
- Building a culture of respect.
- Using distraction techniques if incidents start to escalate.
- Giving children acceptable ways of dealing with emotion.
- Preparing risk assessments in advance for individual children if we feel the situation may arise.
- Only using force where the risks of not doing so, outweigh the risks of using force.

## **Staff authorised to use restraint**

Normally only staff in a supervisory role would be expected to use restraint but exceptional circumstances may dictate that any permanently contracted staff member will be authorised to use restraint.

## **Deciding whether to use restraint**

Restraint should only be considered;

- as a last resort, if the child was putting itself or others at risk of serious harm, through its actions
- if the chances of achieving the desired result by other means were low
- where the risks of not doing so, outweigh the risks of using force
- if a staff member has been trained in restraint techniques

If there is a need to restrain a child;

- do so with as little force as possible
- have another responsible adult present
- have other adults remove other children from immediate area
- ensure the adult's safety

After the incident;

- record the incident clearly with all adults witnessing the event
- review event and look at what could be done to prevent situation in the future
- parents should receive a copy of the report in conjunction with a one to one discussion about the incident

Policy reviewed September 2022