



## Physical Intervention Policy

This policy defines the approach used when physical intervention is necessary. We promote a 'positive praise ethos' which limits the use of any physical restraint needed. This reminds the children of the difference between good and bad behaviour.

Staff help children take responsibility for their own behaviour. This can be done through a combination of approaches which include:

- Positive role modelling
- Planning a range of interesting and challenging activities
- Setting and enforcing appropriate boundaries and expectations
- Providing positive feedback

There are three types of physical intervention:

- Positive Handling**- the positive use of touch is a normal part of human interaction. Staff must exercise appropriate care when using touch. However, refrain from using touch unless necessary e.g walking past a child and touching their head without communication.
- Physical Intervention**- this can include mechanical and environmental means such as high chairs, stair gates or locked doors.
- Restrictive Physical Intervention**- this is when a member of staff uses physical force intentionally to restrict a child's movement against his or her will. In most cases this will be using the adult's body rather than mechanical or environmental methods.

The principles for the use of restrictive physical intervention:

- Restrictive physical handling should be used in the context of positive behaviour management approaches. It should only be used in extreme circumstances. It **MUST NOT** be the preferred use of managing behaviour.
- When children are in danger of hurting themselves, others or of causing considerable damage to property. Staff have a responsibility to intervene. In most cases this involves an attempt to divert the child to another activity or simple instruction to "stop!". However, if it is judged as necessary, staff may use restrictive physical intervention.
- When physical intervention is used minimal force should be applied. Staff should use as little restrictive force as necessary to maintain safety. Staff should use this for as short a period as possible, Once the child is no longer at risk of damage and injury they must be released from the restraint.
- The physical intervention should be explained to the child so they can understand why the adult had to use restrictive force.

Restrictive physical intervention can be justified when:

- a) Someone is injuring themselves or others
- b) Someone is damaging property
- c) There is suspicion that although injury or damage has not yet happened, it is at immediate risk of occurring

Any use of physical intervention should be consistent with the principle of reasonable minimal force. Staff should:

- a) Aim side by side contact with the child to avoid being kicked
- b) Aim for no gap between the adult's and child's body
- c) Aim to keep the adult's back as straight as possible
- d) Beware of head butts from child
- e) Hold children by 'long' bones, i.e. avoid grasping at joints
- f) Ensure there is no restriction to the child's ability to breathe. Avoid holding a child around the chest cavity or stomach
- g) Avoid lifting children
- h) Ensure you are in a space away from other children to reduce the risk to others if child is difficult to restrain

It is important that any use of restrictive intervention is recorded. The records will show who was involved, the reason for the intervention, how the child was held, when it happened and how long for, any subsequent injury or distress.

Parents should be given a copy of the record form and given an explanation in a quiet area of the pre-school so they can understand what happened. The Manager should also be informed immediately.

This policy was adopted on 7th September 2019

---

Heloise Ardley – Chair of Windmill Pre-School Management Committee

---

Claire Baker – Manager of Windmill Pre-School