

# Physical Intervention Policy & Procedure

## Policy Statement

At Goldilocks Nursery we are committed to ensuring that all staff and adults with responsibility for children's safety and welfare will deal professionally with incidents of aggressive behavior and will only use physical intervention as a last resort, always ensuring minimal risk of injury to children and staff. The Manager who has been authorised by Jamelia (Cemaliye) Osman, the owner, will have control or charge of children when necessary. Use of physical intervention, when all other strategies and approaches have failed, could reasonably be considered in situations involving risk to the safety of children, staff, or visitors.

Note: This policy aligns with the EYFS statutory framework and Ofsted guidance on positive environments and physical intervention, ensuring compliance with current safeguarding standards.

## Training

In-house training or advice will be provided for staff who have control or charge of children. The Manager will keep staff informed of approved approaches and current Government/council advice with regard to the use of physical intervention.

We also seek advice from the Challenging Behavior Foundation, who can be contacted on:

- Tel. 01634 838739
- [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

Training will be updated regularly to ensure alignment with current best practice and statutory guidance.

## Definitions

There are three main types of physical intervention:

1. **Positive Handling / Supportive Touch** – The positive use of touch is a normal part of human interaction. Touch might be appropriate in a range of situations:
  - Giving guidance to children (such as how to hold a paintbrush or when climbing)
  - Providing emotional support (such as placing an arm around a distressed child)
  - Physical care (such as first aid or toileting)

We exercise appropriate care when using touch.

2. **Physical Intervention** – Physical intervention can include mechanical and environmental means such as high chairs, stair gates, or locked doors. These may be appropriate ways of ensuring a child's safety.
3. **Restrictive Physical Intervention** – This is when we need to use physical force intentionally to restrict a child's movement against his or her will. In most cases this will be through the use of the adult's body rather than mechanical or environmental methods.

This policy is based on national guidance and current statutory frameworks, including **EYFS** and **Ofsted guidance**.

## Strategies and Approaches

Staff are experienced in the use of a wide range of consistent behaviour management strategies intended to defuse potentially aggressive situations, for example, diversion, reasoning, positive behaviour strategies, warning, and we use these first.

If these fail, one or more of the following approaches may become necessary:

- Holding (for example, gentle arm around shoulder to reassure)
- Blocking
- Physically moving between children
- Leading by the hand/arm
- Shepherding away (for example by placing hand in center of the child's back)
- More physically restrictive hold

The purpose of a physically restrictive hold would be to limit the child's ability to hurt him/herself or others with the minimum application of force through limitation of movement.

Where possible, aid is sought at an early stage from other members of staff for assistance, support, and presence.

We aim to take the following actions after serious incidents, which have necessitated the use of physical intervention:

- Gradual release of restraint as the child regains control, with adult reassuring
- Child allowed time for calm under supervision
- Checks made for any injuries and appropriate medical aid provided if necessary
- Manager is informed as soon as possible
- Member of staff involved in the restraint given time to recover, if possible; support provided by another member of staff and recording process initiated
- Incident reviewed with Manager or registered person
- Senior member of staff to talk through incident with the child to ascertain their perception
- Member of staff offered counselling time

## Recording and Reporting

A written record of any incident involving the use of physical restraint is made as soon as possible (within 24 hours) using the Physical Intervention Report Form and shared with the Manager. Witnesses or any staff involved in providing additional support may also add signed and dated notes giving details of the incident.

In the case of a child who already has an agreed Behavior Plan in place, any completed Physical Intervention Report Form should be attached to this. These records are kept confidential.

A debriefing session is held as soon as possible after any incident, including members of staff involved, any witnesses, and the child if appropriate. Parents and carers are always informed of incidents involving physical restraint, in line with **EYFS safeguarding requirements**.

## Parental Involvement

Parents and carers are made aware of the Goldilocks Nursery's Physical Intervention Policy, which is available in the office and on the nurseries website, and they will be kept fully informed of any incidents that have necessitated the use of physical restraint to their own children.

Parents and carers of children known to behave in ways which may necessitate physical intervention will be invited to attend meetings to discuss, agree, and review individual plans.

## **Planning**

Children known to behave in ways that may involve the use of physical intervention on more than one occasion will have individual Behaviour Plans drawn up for them. These will be agreed and discussed with parents/carers and kept in individual confidential files in the office and in the key person's file. Everyone involved in the child's care will contribute to the behaviour plan, which will be recorded and reviewed.

## **Monitoring**

Monitoring the use of restrictive physical intervention will help identify trends and therefore help develop our ability to meet the needs of children without using restrictive physical intervention. This will be done through keeping records and ongoing discussions.

We will also seek support from our Early Years Quality Adviser where appropriate.

## **Complaints**

Staff are aware that the use of physical restraint may lead to complaints. They appreciate that by following our agreed policy and practice and ensuring that their actions are appropriate to the situation, they are in a good position to demonstrate the reasonableness of their actions in any subsequent investigation.