

Physical Intervention Policy



Approved by: Nazmon Hannan

Last reviewed on: May 2026

Next review due by: May 2028



Physical Intervention Policy

Policy statement

At Jan Preschool and 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 behaviour and will only use physical intervention as a last resort, always ensuring minimal risk of injury to children and staff. Named staff whom the Manager has authorised will have control or charge of children when necessary. When all other strategies and approaches have failed, the use of physical intervention could reasonably be considered in situations involving risk to the safety of children, staff or visitors.

Training

In-service 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 Ofsted/Local Education Authority advice regarding the use of physical intervention.

Planning

Children known to behave in ways that may involve the use of physical intervention will have individual restraint plans drawn up for them. These will be agreed upon and discussed with parents/carers and kept in individual confidential files in the SEND file.

Strategies and Approaches

At Jan Preschool and Nursery, our staff are experienced in the use of a wide range of consistent behaviour management strategies intended to diffuse potentially aggressive situations, for example;

- diversion
- reasoning
- positive behaviour strategies or 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.



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- Shepherding away (for example, by placing a hand in the centre 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 from other members of staff at an early stage 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 the adult reassuring.
- The child allowed time for calm under supervision.
- Checks made for any injuries and appropriate medical aid provided if necessary.
- The Manager will be informed as soon as possible if not already involved.
- The member of staff involved in the restraint is given time to recover, if possible, support is provided by another member of staff and the recording process is initiated.
- The incident reviewed with the Manager.
- The Manager to talk through the incident with the child, if appropriate, to ascertain their perception.

Recording and Reporting

A written record of any incident involving the use of physical restraint is made as soon as possible after, using the **Physical Restraint Incident Report Form**. Witnesses or any staff involved in providing additional support may also add signed and dated notes detailing the incident. In the case of a child who already has an agreed **Behaviour Support Plan** in place, the completed Physical Restraint Incident Form should be attached to this. These records are kept in the Confidential SEND File in the nursery. 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 /carers are always informed of incidents involving physical restraint.



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Complaints

Staff are aware that the use of physical restraint may lead to complaints. They appreciate that in 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

Legal framework

- [Statutory Framework for the Early Years Foundation Stage 2025](#) - Managing children's behaviour.

Further guidance

- Positive Behaviour Management Policy