



## Restraint policy

This policy was written as a guide for staff, students and parents to set clear guidelines about restraint. For the purpose of this policy the term restraint means holding or securing a child in one place using a variety of means. We need to have a set policy in place in order that there are no misconceptions or misunderstandings about when it is appropriate and inappropriate to restrain children. As a care service provider we have health and safety responsibilities for the children in our care and we recognise that there may be occasions where it is necessary for the children to be restrained in order to prevent harm to themselves or others.

- Babies and toddlers using high chairs will be secured safely using the seat belts supplied. These can be adjusted to fit the child snugly. This will stop the child from being able to wriggle out of the high chair.
- Children using buggies or prams should be safely fastened in using the arm and legs harnesses supplied. These should be adjusted to suit each individual child. As the buggies and prams are in motion it is important that these safety measures are taken and checked before setting off outside.
- When using play equipment such as swings or other large outdoor/indoor resources children should be restrained where belts/harnesses are supplied. The manufacturer will provide safety equipment if required and this should be used at all times.
- Children travelling on coaches or mini buses hired by the nursery should be safely fastened in using seat belts supplied. Booster seats or cushions may be required to support children and provide extra height where needed. It will be the nursery's responsibility to ensure that any transport hired has seat belts suitable for use.
- All safety equipment should be checked on a regular basis to ensure that it is still fit for the intended purpose. All breakages or wear and tear should be reported to the nursery manager or owner in order that repairs can be made.
- The responsibility for ensuring that children are safely restrained lies with the individual member of staff dealing with the use of high chairs, buggies, etc at that time. If in doubt then equipment should not be used and the nursery owner or manager should be informed.
- Students using equipment should be overseen by their key worker in order to ensure safety is maintained. New students should be shown how to safely use equipment before working with the children.

- Children should never be physically restrained by a member of staff other than for the reasons stated. Discretion must be used in cases where staff feel that a child is in danger of harming themselves or others, and this should only be done when all other avenues have been exhausted. Any staff having to restrain/calm a child should do so with the help of another staff member, or another witness present. A record of the event should be recorded on an incident record sheet and this information shared with the parent.