



The use of physical interventions at Little Explorers Preschool policy.

Here at Little Explorers we aim to provide a nurturing and exciting environment where children feel safe and valued. With their needs in mind we ensure all children have clear, fair and developmentally appropriate expectations for their behaviour. As your children develop we will help them learn about boundaries, the difference between right and wrong, and encourage them to consider the views and feelings of others. To develop these skills, we feel it requires adult guidance to help encourage and model appropriate behaviours and to offer intervention and support when children struggle with conflict and emotional situations. In these types of situations staff can help identify and address triggers for the behaviour and help children reflect, regulate and manage their actions. In some cases, physical interventions may be necessary.

What is the definition of Physical Intervention??

Physical intervention is any method of physically intervening to resolve a difficult or dangerous situation and is not necessarily physical restraint.

Physical restraint is defined as when a member of staff uses force with the intention of restricting a young person's movement against their will.

Physical interventions can be used on a regular daily basis and include:

- If a child is hurt or distressed staff will respond in a sympathetic and appropriate manner for a child who is of preschool age. This may include offering the physical comfort of a cuddle, sitting with them on their knee or taking a child to a quiet space to help them calm down. At a time when it is recognised that physical attention is unwanted and could cause further distress we will comfort a child in the best way possible to meet their needs.
- At times a child may need support to enable them to explore activities within Preschool. Occasionally a child may be supportively picked up and carried to a different area to be introduced to a new activity or given hands on assistance with physical activities- such as balance beams, steps or climbing apparatus such as the nappy change unit.

Physical intervention/ restraint may also be necessary when a child is at risk of harming/injuring themselves or others, damaging preschool property or property of others, or if an instance occurs posing immediate danger. Please be reassured that we use physical intervention as a very last resort. We will use a number of strategies before resorting to physical intervention such as: distraction, redirection, ignoring negative behaviours, and positive engagement.

Any physical intervention deemed essential will use the minimum of force over the shortest periods of time. These may include:

- Physically interposing between two children;
- Blocking a child's path if they are intent on hurting another child;
- Deflecting a hand or foot, or other body part that is intended to make contact with another child or adult;

- Shepherding a child away by placing a hand in the centre of their back and/or holding their hand.
- Moving a child, who is refusing to leave an area, by picking him up and taking him to the appropriate place. (For example from “inside” to “outside”).
- Moving a child to a quiet area, with the support of another member of staff if their behaviour is disturbing the activities of others within the room.
- Using ‘safe holding’ techniques to hold or calm a child and stop them from injuring themselves or other. (“Safe holding” is the positive application of force with the intention of protecting a child from harming himself/herself or others, or from seriously damaging property.)

Please be assured that all staff have current and up to date physical intervention training, and take the utmost care keeping all children safe and well.

If at any point staff find the need to physically intervene or restrain a child, details will be recorded on a physical intervention form (appendix 1) or on a positive behaviour tracker and discussed with the parent. Strategies to improve behaviour and targeted outcomes will be discussed with the parent in detail and agreed together.

Policy dated: September 2023

Review date: September 2024

Appendix 1



Physical intervention form

Childs name		Date	
Date of incident :			Time of incident

Details if incident

Incident managed by			
Other staff involved or witness			
Methods of restraint used			
Debrief or evaluation with child			
Parent/carer informed and response			
Date completed		Time completed	
Signed staff member		Signed other staff member or witness	

