



Cherry Lane Therapeutic Homes Restraint Procedure

Purpose: To ensure the safety and well-being of all children, the community and Life Coaches at Cherry Lane Therapeutic Children's Homes through positive behaviour support and, when necessary, safe and respectful restraint practices.

- 1. Introduction:** At Cherry Lane, the well-being of our children is our top priority. We aim to create a safe, nurturing environment where children feel valued and supported. This procedure outlines the use of restraint in our homes, emphasizing respect, care, and the child's best interests.

Definitions:

Restraint: Any method used to restrict a child's movement for their safety or the safety of others.

2. Key Principles:

- Restraint is used only as a last resort.
- The child's safety, dignity, and emotional well-being are prioritised.
- Restraint techniques are safe and legally compliant.
- Efforts are continuously made to reduce the need for restraint.

Underpinning Principles:

1. Physical intervention must be a last resort and part of a wider strategy for managing challenging behaviour.
2. Consider the risk of intervening and not intervening.
3. Be familiar with the child's risk assessment and positive holding plan.
4. Consider any relevant disability, health problem, or medication.
5. Exhaust all other methods before using physical restraint.
6. Uphold the child's rights and dignity.
7. There should be no pain and holds against joints.
8. Use minimal force for the shortest time necessary.
9. No techniques that could be associated with sexual connotation or that are harmful physically or psychologically.
10. Holds can be phased up or down as needed.
11. Ensure safety awareness and communication during physical interventions.

5. When to Use Restraint:

- As a last resort, when a child poses an immediate risk to themselves or others.
- After all other de-escalation techniques have been attempted.
- In a way that is proportionate to the risk presented.



- To prevent injury to any person or serious damage to property (

6. Steps for Restraint:

1. **Assess the Situation:** Determine if restraint is necessary and if all other options have been exhausted.
2. **Call for Help:** Ensure enough Life Coaches are present to safely carry out the restraint.
3. **Communicate Calmly:** Speak to the child in a calm and reassuring manner throughout the process.
4. **Use Safe Techniques:** Apply approved restraint techniques that protect the child's safety and dignity.
5. **Monitor Continuously:** Keep checking the child's physical and emotional state during and after the restraint.
6. **End Restraint Promptly:** Release the restraint as soon as the risk has passed.

7. Aftercare:

- **Debrief with the Child:** Talk to the child about what happened, listen to their feelings, and provide reassurance.
- **Debrief with Life Coaches:** Review the incident with involved Life Coaches to learn and improve.
- **Record the Incident:** Document the restraint in detail, including the reasons for its use and the techniques applied.

Documentation and Review:

- Record each restraint in the child's file, copies to relevant parties including social workers and PRICE instructors.
- Debrief and allow children to express their feelings within 24 hours, with follow-ups as necessary
- Managers should review within 48 hrs wherever possible.

8. Training and Support:

- All Life Coaches will receive a minimum of annual training in de-escalation and safe restraint techniques, compliant with RRN standards.
- Training includes a two-day theory and de-escalation course and a four-day practical course using the PRICE model (Protecting Rights in a Care Environment)
- Life Coaches are assessed for competency by qualified PRICE instructors on a three-point scale: 1. Competent 2. Would benefit from more frequent training, 3. Requires immediate additional training.
- Ongoing support debriefs and supervision will be provided to ensure the emotional well-being of both children and Life Coaches.



9. Continuous Improvement:

- Regularly review and update restraint practices.
- Collect and analyse data on restraint use to identify trends and areas for improvement.
- Engage with children and Life Coaches for feedback on restraint practices.

For more information or guidance, visit the Restraint Reduction Network at [Restraint Reduction Network](#) ([Restraint Reduction Network](#)).