

Inspection Top Tips

Restraint/Physical Intervention

April 2026



Children's Homes Regulations



- (1) Restraint in relation to a child is only permitted for the purpose of preventing -
- (a) injury to any person (including the child);
 - (b) serious damage to the property of any person (including the child); or
 - (c) a child who is accommodated in a secure children's home from absconding from the home.
- (2) Restraint in relation to a child must be necessary and proportionate.



Children's Homes Guide

9.48 Regulation 20 sets out the only purposes for which restraint can be used:

- preventing injury to any person (including the child who is being restrained);
- preventing serious damage to the property of any person (including the child who is being restrained); or
- preventing a child who is accommodated in a secure children's home from absconding from the home.

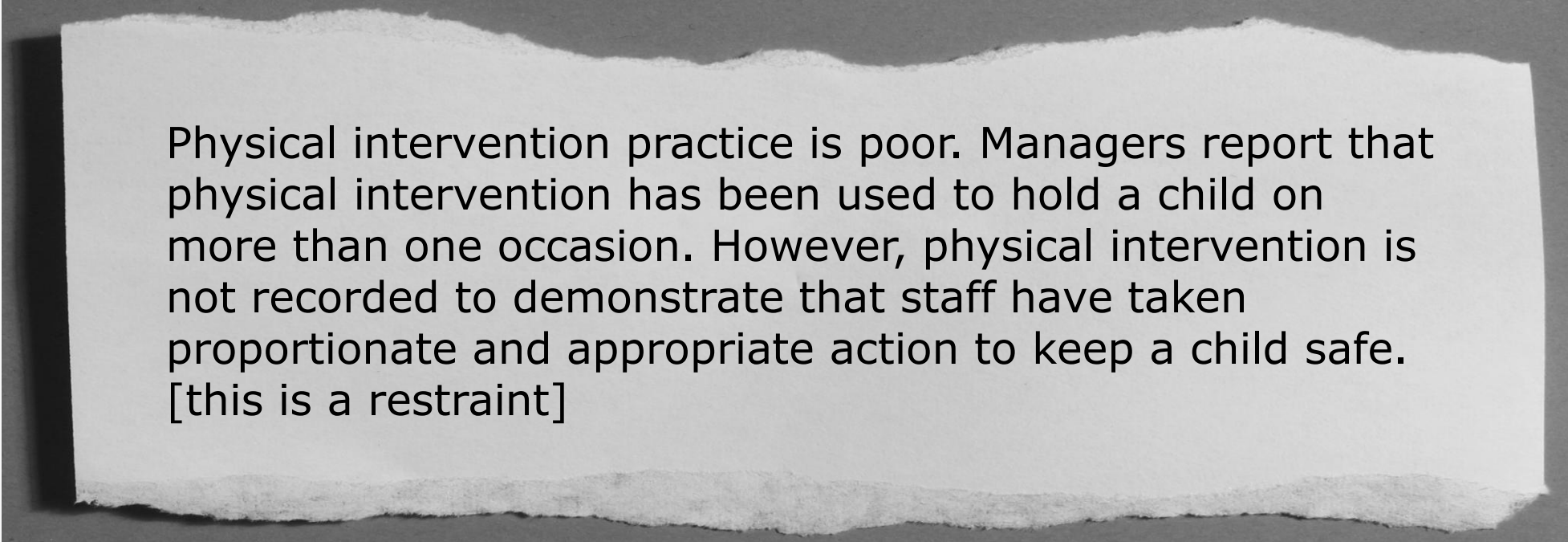


Children's Homes SCCIF Key Elements

- Restraint or restrictive practice are used only when necessary to protect the child and/or those around them and must be proportionate.
- All incidents are recorded, reviewed and monitored by leaders.
- The views of the child, dependent on their age and understanding, are sought and understood.
- There is good communication about safeguarding issues, such as any injuries sustained during restraints or allegations against staff.



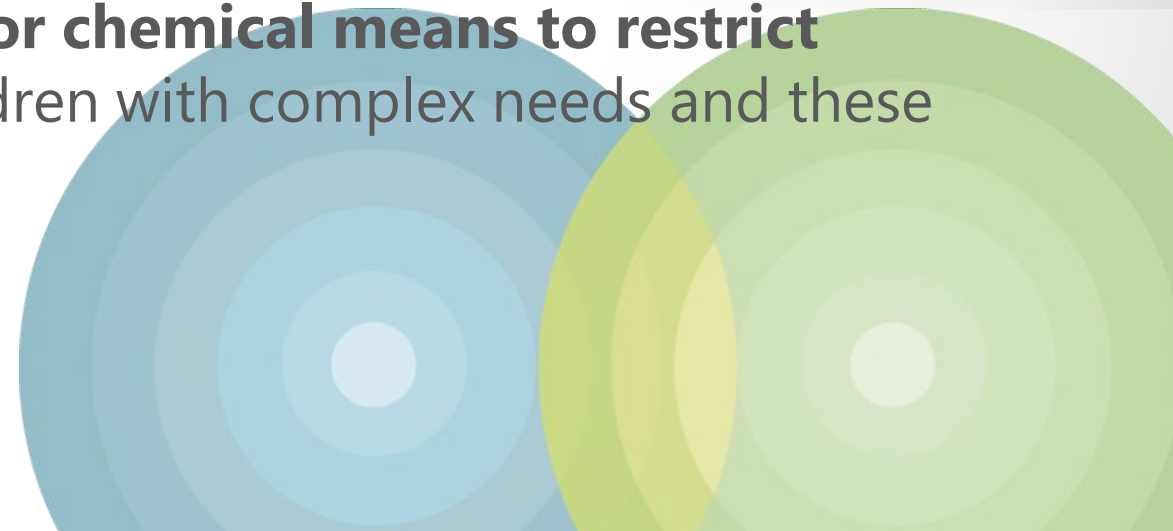
Ofsted comment from inspection – Inadequate home

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Physical intervention practice is poor. Managers report that physical intervention has been used to hold a child on more than one occasion. However, physical intervention is not recorded to demonstrate that staff have taken proportionate and appropriate action to keep a child safe.
[this is a restraint]

Top Tips...

1. **The regulations, guidance and SCCIF refer to restraint** and no reference is made to physical intervention so be aware in the **recording of events that any physical intervention is a restraint.**
2. **Record of intervention where there has been physical intervention should be recorded as a restraint in the annex A and Regulation 45.**
3. **Provide clarification when recording number of restraints used** to the nature of the intervention.
4. **Restraint also includes restricting a child's liberty of movement.** This includes, for example, changes to the physical environment of the home.
5. **Restraint will also refer to mechanical or chemical means to restrict movement** often in connection with children with complex needs and these need to be made clear.



Reg40 Serious Incidents Reporting bitesize...

There's a duty on providers to notify Ofsted of serious incidents, but when is serious "serious"?

Our bite-size sessions explore the regulation, draw on experience and additional clarifications, and follow the process through from incident to evidencing the learning required for good practice in difficult times.

Next dates:

Our next bitesize date is on **20th April 2026, running 10am-11am.**

This one-hour bitesize training session is being delivered online for FREE and open to non-members also.

You can book on to this bitesize using the link below:

[Serious Incidents - Dialogue](#)

