



Publication of Care Inspectorate Restrictive Practices Guidance

Care Inspectorate have recently published a practice note on reducing restrictive practice which offers alternative approaches to restrictive practice. It also helps staff support children and families when restrictive practice has been used.

This practice note provides clear definitions of restraint and restrictive practice and offers practical guidance for early years staff. This helps ensure that any restrictive practice used is justifiable, reasonable and proportionate. The note also features challenge questions and case studies to help staff reflect on practice. The practice note may be accessed by clicking [Restrictive practices practice note](#).

The need to use restrictive practice including restraint should only be used in exceptional circumstances i.e., as a last resort. Restrictive practices which fall outwith a normal caring response must be recorded via the Incident Portal. They should also be [reported to the Care Inspectorate](#).

Heather Smith

PT Supporting Learners

Heather.Smith@dumgal.gov.uk

07825923096