

Background

Child restraint is a practice of physically holding a child who does not want to be held in order to calmly prevent harm to their self or others. Child restraint may be used if the child poses a threat to their own safety or the safety of others, and if other, less restrictive methods of controlling the behavior were ineffective.

Child restraint does not include physically removing a child safely and carefully away from a situation (see WAC [110-300-0331](#)).

Providing Child Restraint

To meet WAC 110-300-0490 requirements, an early learning program that **is not** providing child restraint as part of its services could:

- Incorporate a statement within their program policy that states that child restraint will not be administered for any reason while children are in their care.

An early learning program **may provide** child restraint if the following criteria is met (WAC [110-300-0490](#)):

- All other methods of safety management and de-escalation have been attempted;
- Program adheres to a written child restraint policy that has all the required components as described in the WAC referenced above;
- All staff members who provide child restraint complete an annual training on the program's child restraint policy;
- All staff members who provide child restraint complete an annual training on child restraint; and
- Only staff trained in child restraint administer this support; and
- All instances of child restraint are documented and reported as required.

Child Restraint-Related WAC

- [0106](#) – Training
- [0330](#) – Positive relationships and child guidance
- [0331](#) – Physical removal of children
- [0335](#) – Physical restraint
- [0490](#) – Child restraint policy

Next Steps for DCYF

The Department has identified several reputable child restraint trainings, and is currently in the process of reviewing the curricula to ensure that it is developmentally appropriate for young children. This step is vital to ensuring the safety of children in licensed care. The name of the trainings will be made public as soon as a thorough review has occurred.

Child restraint may not be used at any facility unless the training requirements are met. DCYF recognizes that until training is identified and completed, providers will not have the ability to use child restraint in their program. Since child restraint was not an option under the previous WACs for licensed child care, this represents no change for providers until DCYF generates a list of approved trainings.