

# Useful resources



## Minimising the use of physical restraint in New Zealand schools and kura

New rules and guidelines on understanding ākonga distress and minimising the use of physical restraint in schools came into force on 7 February 2023. These supersede the 2017 rules and guidelines.

[Visit website](#)



## Positive Behaviour for Learning information sheet: Anticipating and responding to child stress

Read time: 5 min

Information on indicators of child stress and tips for nurturing positive behaviours.

Publisher: Positive Behaviour for Learning

[Visit website](#)



## Physical restraint

Read time: 28 min

Information for parents on physical restraint in schools and kura.

[Visit website](#)

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