



**KIDS CENTRAL, INC.**

A COMMUNITY APPROACH TO THE WELFARE OF CHILDREN

*Building Better Lives*

## **DISCIPLINE POLICY**

### **A. Prohibited Methods of Discipline:**

1. Foster Parents must not use corporal punishment (spanking, slapping, pinching, shaking, etc.)
2. Foster Parents must not delegate discipline or allow punishment to be administered to a foster child by anyone other than the foster parent, unless the child is in the care of someone who has completed the background screening process.
3. Foster Parents must not withhold meals, clothing or shelter.
4. Foster Parents must not allow children to be subjected to verbal abuse or derogatory remarks about themselves and/or family members.
5. Foster Parents must ensure that if separation from others (time out) is used as a method of discipline, it is in an unlocked, lighted, well-ventilated room at least 50 square feet, which is within hearing distance of an adult. The time limit must not exceed fifteen (15) minutes for any child age 6 to 11, and thirty (30) minutes for children age 12 and over. Time out for a child age 5 and under should not be outside the presence of other family members and should not exceed five (5) minutes.
6. The Foster Parents must not subject children to cruel, severe, humiliating or unusual punishment.
7. The Foster Parents must not interfere with the implementation of the Case Plan, or any other case plan as punishment.
8. The Foster Parents must not deny a child contact or visit with his/her family as punishment.
9. The Foster Parents must not use physical exercise as punishment that is excessive and/or may endanger a child's health, or so extensive as to impinge on time set aside for schoolwork, sleeping or eating.
10. The Foster Parents must not threaten a child with removal or with a report to their Family Care Manager, the Judge, or other authorities as punishment.
11. The Foster Parents must not discipline children for bedwetting or errors that occur during a toilet training process. Techniques for working with children who are not yet toilet trained should be discussed with the Family Care Manager prior to accepting an untrained child. Problems in training should be communicated to the Family Care Manager if they occur.

**B. Acceptable Methods of Discipline:**

Foster Parents must discipline children with kindness, patience, consistency and understanding, and with the purpose of helping the child develop responsibility and self-control. They must help each child learn that he/she is responsible for his/her behavior by teaching him/her the natural and learned consequences of his/her behavior. Foster Parents should use positive methods of discipline which can include, but may not be limited to the following:

1. Reinforcing acceptable behavior, for example: praise, special privileges and treats, extra hugs and kisses, additional time spent with the child, stars/ smiley faces on a door or bulletin board.
2. Verbal disapproval of the child's *behavior*, never the *child*- for example: "I don't like the ball throwing in the house."
3. Loss of privileges- for example: taking a toy away, restriction from television viewing.
4. Grounding (restricting the child to the house or yard) or sending the child out of the room away from family activity.
5. Redirecting the child's activity- for example: removal of a sharp object and replacement with a safe toy.

**C. Consequences of Violation of the Discipline Policy:**

When it comes to the attention of Kids Central, Inc. that a Caregiver has violated the discipline policy, the Licensing Specialist, or other Kids Central, Inc. representative, will meet with the Caregiver to discuss the incident. If during this discussion, it becomes apparent that a child may have been neglected or abused, the Licensing Specialist or other representative, is required to report the incident to the Abuse Registry for investigation.

If the incident is clearly a violation of policy, rather than an allegation of neglect or abuse, the Caregiver will receive a verbal and written warning in the form of a Corrective Action Plan. The warning will include a discussion of the violation and an explanation of the provisions of the policy. If a second policy violation occurs, the status of the caregiver's license may be affected.

\_\_\_\_\_  
Foster Mother

\_\_\_\_\_  
Date

\_\_\_\_\_  
Foster Father

\_\_\_\_\_  
Date