

Discipline Policy

PURPOSE: To define the guidelines and procedures for discipline of children and adolescents from New Horizons Child Placing Agency.

POLICY: New Horizons Child Placing Agency utilizes specialized, short-term treatment interventions and/or plans that emphasize personal responsibility for behavior and feelings, planning corrective action, and practicing more appropriate behavior.

PROCEDURE

- I.** Discipline must be:
 - A. Individualized and consistent for each child;
 - B. Appropriate to the child's level of understanding; and
 - C. Directed toward teaching the child acceptable behavior and self-control.

- II.** A caregiver may only use positive methods of discipline and guidance that encourage self-esteem, self-control, and self-direction, which include at least the following:
 - A. Using praise and encouragement of good behavior instead of focusing only upon unacceptable behavior;
 - B. Reminding a child of behavior expectations daily by using clear, positive statements;
 - C. Redirecting behavior using positive statements; and
 - D. Using brief supervised separation or time out from the group, when appropriate for the child's age and development, which is limited to no more than one minute per year of the child's age.

- III.** There must be no harsh, cruel, or unusual treatment of any child. The following types of discipline and guidance are prohibited:
 1. Degrading comments or other behavior;
 2. Corporal punishment or threats of corporal punishment;
 3. Pinching, shaking, or biting a child;
 4. Hitting a child with a hand or instrument;
 5. Putting anything in or on a child's mouth;
 6. Humiliating, ridiculing, rejecting, or yelling at a child;
 7. Subjecting a child to harsh, abusive, or profane language;
 8. Placing a child in a locked or dark room, bathroom, or closet with the door closed;
 9. Requiring a child to remain silent or inactive for inappropriately long periods of time for the child's age.
 10. Forced exercise solely for the purpose of eliminating behavior rather than for instructive or athletic value;
 11. Group punishment for one child's behavior;

- 12. Medication for punishment;
- 13. Mechanical Restraints;
- 14. Extended Isolation;
- 15. Deprivation of Child's Rights and Needs, e.g. food, parental visits;
- 16. Painful Adverse Stimuli;
- 17. Discipline of any type is inappropriate and not permitted for infants.

IV. Discipline may be Proactive

- A. Loss of privileges
- B. Increased supervision
- C. Restitution
- D. Individualized plan for changing behaviors

Caregiver's Signature

Date

Supervisor's Signature

Date