



# Discipline Methods for Foster Children

## What is discipline?

Safe practices or methods of teaching and enforcing acceptable patterns of behavior. This method does not allow corporal punishment.

### How can I effectively discipline?

#### Positive Behavior Management

- Rewards can include treats, toys and symbols of recognition (i.e. stickers, money).
- Privileges allow the child to experience more freedom and increased responsibility.
- Praise is communicated by a verbal or nonverbal expression of child's achievements or good qualities.

#### Self-Control

- Planning and preparation prevents confrontation, acting out and negative behaviors by establishing expectations for the child and creating a structured, safe environment.

#### Direct Intervention

- Techniques appropriate for responding to lack of self-control include: 1) rules, 2) time out, 3) restricted privileges, 4) grounding, 5) logical consequences, and 6) natural consequences.

### What can I not do?

- Children can never be physically disciplined.
- Permission cannot be given to school personnel for corporal punishment.
- Some unacceptable behavior techniques include:
  - a) deprivation of food or sleep, b) deprivation of family visits, c) cursing or other verbal abuse, d) derogatory comments about the child or biological family, e) holding child in an unnatural position, f) washing mouth out with soap, and g) forced physical exertion.

### Who can I call when discipline methods are not working?

- Contact the child welfare worker to establish alternative discipline methods.



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