

## DISCIPLINE POLICY AGREEMENT

Many children come into foster care because they have suffered physical abuse and severe punishment. It is vital that foster parents use positive discipline and guidance to help the child develop acceptable behavior.

- Foster parents shall train and discipline children with kindness and understanding.
- Foster parents shall set clear expectations, limits, and consequences for behavior.
- Foster parents shall teach and train each child with techniques that stress praise and encouragement.
- If time out separation from others is used as a consequence for behavior, Foster Parents shall provide it in an unlocked, lighted, well-ventilated room within hearing distance of an adult. This time limit shall take into consideration the child's age and emotional development. Time out is to be used for a short duration to allow the child to regain self-control.

Foster Parents will provide positive discipline and guidance but shall not punish foster children using any of the following:

- Yelling, screaming, or threats of physical punishment.
- Physical force or threat of physical force inflicted in any manner upon the child including: spanking, pinching, slapping, shaking, biting, striking with inanimate objects, washing mouth out with soap/hot sauce, rough handling.
- Verbal abuse, including derogatory or racial remarks about the child or his/her family which undermines a child's self-respect.
- Denial of necessities (food, water, clothing, shelter, bathroom privileges, etc.)
- Denial of visits, telephone, or mail contacts with any family members.
- Assignments of extremely strenuous exercise or work.
- Use of and/or threatened use of chemical and/or mechanical restraining devices.
- Punishment for bed wetting or toilet training issues.
- Delegating or permitting punishment of a child by another child.
- Threat of removal from the foster home as punishment.
- Use of a cold shower as punishment.

No foster child or other child in a foster home shall be subjected to physical abuse, sexual abuse, sexual exploitation, neglect, emotional abuse, mental injury, or threats of harm.

**By signing, I agree to adhere to the above rules regarding discipline of foster children.**

Signed: \_\_\_\_\_  
**Foster Parent**

\_\_\_\_\_  
**Foster Parent**

\_\_\_\_\_  
**Date**