



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.



OKLAHOMA
Human Services

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