

### **Discipline Policy**

At New Day we help children develop self-control and learn acceptable forms of social behavior by offering them ideas on how to solve problems as they occur, and by praising the child who uses appropriate behavior. We expect children to respect the feelings and property of others and to solve problems without using physical force. We also expect children to respect their teachers. We share these expectations with children when they are first enrolled by discussing them at group time. We remind the children if they forget as the occasion arises.

We help children resolve conflicts by asking them to use words to express their feelings. If they don't know how to do this, we suggest something they could say. We prevent them from hurting each other by intervening if possible when we see something about to happen, and reminding them of the rules. We encourage children to problem solve by helping them to decide on a course of action and by praising them when they solve a problem themselves, in an acceptable way. We read stories about problem solving, and occasionally use group discussions. We remain with the child to make sure the solutions are carried out.

We use proper room arrangement to foster positive interaction, and try to have enough play materials on hand to reduce conflict. We guard against over stimulation through a balance of active and quiet play.

We sometimes use a time out or time away to calm down a child who is upset or not listening to the teacher. Time out is no longer than 1 minute for each year of the child's age, and the child remains in the room. After a time out the child is guided back to activities in the room. Occasionally a child will lose control of his/her behavior and that child is brought to the office to give them a chance to settle down away from the group. This usually does what it is intended to do. Only very rarely is the child so out of control that we have to call a parent. The following practices violate regulatory standards for appropriate discipline and are therefore prohibited. The use of corporal punishment is prohibited. Corporal punishment means punishment inflicted directly on the body including, but not limited to:

- shaking, slapping, twisting or squeezing.
- demanding excessive physical exercise, excessive rest or strenuous bizarre postures; and
- Compelling a child to eat or have in his/her mouth: soap, food spices or foreign substances.
- The use of room isolation is prohibited. No child can be isolated in an adjacent room, hallway, closet, darkened area, play area or any other area where a child cannot be seen or supervised
- Food cannot be withheld as punishment or reward.
- Toilet training methods that punish, demean or humiliate a child are prohibited.

- Any abuse or maltreatment of a child either as an incident of discipline or otherwise is absolutely prohibited.