



1 Marine Plaza  
7701 Marine Road  
North Bergen, New Jersey 07047  
201.945.1447

## Discipline and the child

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In accordance with DYFS' of standard (10:122-6.8 discipline) the following guidelines must be adhered to:

### **"The methods of guidance and discipline used shall:**

#### **Be Positive;**

Be consistent with the age and development needs of the children; and  
Lead to the child's ability to maintain self control.

Staff members shall not discipline children for failing to eat or sleep or for soiling themselves. Children may be removed from a group activity to another area, provided that the child so removed is either under the supervision of another staff member or continuously visible to a staff member.

The center shall maintain on file a written policy on the disciplining of children by staff members.

Reflect the provisions specified in (a) through (c) above and include the acceptable actions that a staff member may take when disciplining a child, (that is, discussion with the child, time-out, etc.)

Be distributed to every staff member; and

Be posted in prominent location with the center.

The Center shall secure and maintain on file each staff member's signature, attesting to receipt of the policy on the disciplining of children by staff members".

1. The aim of discipline is to develop the child's self-control.
2. All discipline is based on relationship and on mutual respect.
3. Don't try to talk to a child when the child is angry.  
Always try to look at the behavior-what is the child actually doing.
4. Discipline is learning, so we must always ask what is the child learning from me? From the experience?
5. Always try to talk over the problem with the child. The child learns a rational approach from this method.
6. Be aware of yourself and be sure you are reacting to the behavior and not to your own frustration, fear or anger, and remember that a child needs to feel our disapproval at times. This is how a child learns.

We also must remember that children need to know what is expected of them. Tell the child what you want the child to do.



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## Palisades Child Care Center Policy

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7. Try to use logical punishments-short term removal from society; repeat as necessary.  
Remember an over long of over harsh punishment defeats the purpose by either angering or crushing the child, and the child becomes hostile and resentful and does not learn. Again we must ask: What is the child learning?  
Put yourself in the child's place. How does the child feel?
8. Ask the child to decide and handle situations whenever possible, so that the child can begin to internalize his controls.
9. Try to understand the psycho-social goals for each child.  
Pause-and say "What am I trying to accomplish?  
What is the child learning from me?"
10. We must remember that we cannot tell another person how to feel.  
We cannot say, "You should feel sorry." "You should not feel homesick", etc.
11. If a child shows negative behavior in a group, such as hitting another child, or biting, you must remove the child from the group and place the child on a chair called a "thinking chair" or 'time out" chair. Talk over the problem with the child. Try to stress the positive not the negative.

Board Approval

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Signature of Parent