

BEACHWOOD NURSERY SCHOOL & EARLY LEARNING CENTER

Policy on Discipline:

The goal of discipline is to help children behave in socially acceptable ways. Effective discipline helps children acknowledge their **emotions**, learn how to control their **reactions**, and **manage** their own behavior. Guiding children's behavior is a series of teachable moments. Teachers evaluate and change their responses based on individual needs. Teachers vary their interactions to be sensitive and responsive to differing abilities, temperaments, activity levels and social & emotional development. The attitudes and skills teachers help children construct in the early years provide the foundation they will carry through life. Our methods of discipline are positive and consistent with the age and developmental needs of children.

Use positive discipline by planning ahead:

- Anticipate and eliminate potential problems;
- Structure the environment for visual monitoring, organization & accessibility;
- Provide a predictable daily schedule; (pictures, line drawings or photographs)
- Provide rules for preschoolers that teach them which behaviors are appropriate and which behaviors are not appropriate in the classroom setting;
- Provide rituals & routines for younger children (verbal/nonverbal cues & prompts)
Ex: a bell signals the end of play time & a non-verbal cue about a schedule change.
- Provide time and space for each child to be alone;
- Involve the child(ren) through choices and allowing age-appropriate decisions;
- Redirect inappropriate behaviors; Use distraction with infants;
- Ignore misbehavior & small annoyances when appropriate;
- Teach children how to use a problem solving strategy: (identify the problem; think of solutions; try the solutions; evaluate)

Use positive discipline by showing love and encouragement:

- Express warmth & empathy through physical touch, eye contact & tone of voice.
- Give positive and specific encouragement to children. Comment on children's appropriate behavior; or when children are actively engaged most of the time.
- Encourage children to express emotions in words that describe their feelings to others.
- Encourage friendship skills: sharing, taking turns; helping others; organizing play, etc.
- Encourage children to work together to expand peer interaction.
- Encourage a child's effort or improvement which is a skill we can teach to help children grow in self-esteem .Praise teaches children to please adults.

Positive discipline is NOT:

- Using physical punishment such as shaking, hitting or engaging in psychological abuse or coercion. * (to restrain, to confine *)
- Using threats or derogatory remarks; withholding or threatening to withhold food, emotional responses, stimulation, rest or sleep as a form of discipline;
- Disciplining a child for failing to eat or sleep or for soiling themselves;
- Requiring a child to remain silent or inactive for an inappropriate length of time.

Challenging Behaviors:

Challenging Behavior interferes with children's learning, development and success at play. It can be harmful to the child, other children, or adults and puts a child at high risk of later social problems. For children with persistent, serious behavior, teachers, families & other professionals work as a team to develop and implement a plan that supports the child's inclusion & success.

Time Out

Time out is a temporary solution for handling a child who has lost control. Remove the child & give a reason for doing so. Once the child is calm, discuss what would be the appropriate behavior. Children should not be left alone. Time out is 1 minute for each year of the child's age.