



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

#### **STATEMENT ON GUIDANCE/DISCIPLINE**

Becoming self-disciplined is a long term process. One of the major tasks in an early childhood classroom is assisting children with this process. At YMCA Infant and Toddler Child Care Center programs we are committed to supporting each child's progress toward becoming independent and self-disciplined. In practice we provide an environment which encourages children to make choices and decisions following some simple rules as general guidelines. We promote freedom within our environment as long as children do not disrupt the classroom and/or

disregard the few rules set for children's safety and awareness. We do not allow children to hurt themselves, others or to damage property. We help children by guiding them in the right direction and reminding them of classroom rules. We strive to utilize the "Self Reflection" and "Re-Direction" methods. Self Reflection/time away from the group is when we remove the child from an activity due to some form of unacceptable behaviors children are usually placed in a cool down area. The child is usually given several warnings before time away from the group is imposed. The child will be given the instructions of sitting in an area away from the activity to gather their thoughts about the inappropriate behavior that they have exhibited and re direct their behaviors. The staff member who placed the child in cool down area will talk to the child to calm them down give them between 45 and 60 seconds to relax and then discuss the behaviors and why they are considered to be inappropriate. "Re- Direction is a method where a child is lead into another activity to get their mind off of the activity that is causing difficulties. It is trying to redirect a child into another kind of play or activity. This method is used a great deal with the younger children who can not verbalize their needs. However, it is a good method to use on all of the children within the daycare setting.

The goal of guidance/discipline is to help children develop inner controls so that he/she may move toward appropriate social behavior. Methods for resolving conflicts are:

- Positive guidance
- Setting clear limits for children
- Redirection of children to other more appropriate activities.

When disputes arise among children or between a child and a teacher, the teacher will encourage a talking out process among those involved. The goal of this talking out process will be to acknowledge everyone's feelings and find solutions using children's ideas whenever possible.

In the event a child's behavior becomes a danger to themselves, the staff and/or children in the environment, the child will be moved to area where he/she can calm down and work on regaining self control. Teachers will work on redirecting the child's behavior, encouraging communication so the child learns to share his/her feelings and work towards a resolution. We prohibit all forms of abusive, neglectful, corporal, humiliating, or frightening punishment, and physical restraint, unless such restraint is necessary to protect the health and safety of the child or others in the program. Staff will continuously supervise children during disciplinary/guidance actions.

Teachers may have to set up behavior modification plans to encourage your child to stop and think about his/her behavior before doing something. In the event the behavior continues, a conference will be set up between the parents, director, and classroom staff. We will work with your to help find a plan that works both in our program and in your home. It is important and required that parents and staff work together in a positive manner to help your child work on their behavior issue while providing consistency for the child. Regarding excessive behavioral conditions, the following steps will be taken:

#### **MERIDEN YMCA**

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1. An assessment program will be required to determine the child's needs so a plan can be developed, implemented and monitored. This plan will be documented.
2. In excessive conditions, children will be asked to leave the Center until a meeting can be held and a plan put in place with the staff and parents
3. Should serious persistent behaviors occur where the safety of both children and staff are put in danger for a period of three consecutive days the child will be suspended from the program on day 4. The number of days the child will be suspended will be left up to the decision of the program director and the executive director.
4. If all efforts are exhausted and the inappropriate behavior continues to threaten the safety of the child, the staff and/or other children in the classroom, the Center will give the family 30 days notice and help them find alternative child care arrangements.

In our child-centered environment children are actively involved and challenged and consequently classroom problems are minimized. Within the framework of trusting relationships with teachers, each child is individually assisted in increasing his/her levels of self-discipline and independence. Teachers will remind children of classroom rules and redirect children when necessary, encouraging children to understand when they need a break or a minute to regroup and get focused on another interesting task.

If a parent/guardian should become abusive, (physically, verbally, or in writing) which includes being belligerent, threatening, intimidating, condescending or showing any negative signs of demeanor toward any staff member of this

The Meriden YMCA has discussed the statement on guidance and discipline with me and I am aware of the policy. Should I have additional questions and concerns I will address them with a staff member as well as the program director.

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Signature

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