



# Pathways Family Services

www.pathwaysfamilyservices.com (780) 488-2444

## Declaration of Resident & Relief Caregiver Expectations

The following document outlines the expectations for a resident **or** relief caregivers who provide frequent supervision, overnight relief, or care for more than 12 hours for a child/ youth placed in a Pathways Family Services foster home.

- Residents and External caregivers will supply Pathways with a current Security Clearance and a current Intervention Record Check **prior** to providing the respite or residing in the foster home. This is the responsibility of the **foster parent** to ensure, but can be facilitated by Pathways.
- Residents and External caregivers are expected to follow the expectations regarding child discipline and prohibited practices as outlined by Pathways Family Services and Children Services.

Included with this document is Pathways' policy on Behavior Management (CY-3), Children Services' policies on Child Management (3.2.5) and Child Safety (3.2.6). Please review these documents and if you have any questions or concerns, contact Pathways Family Services to speak to the Foster Care Support Worker that works with the child/ youth you are caring for.

**Prior** to residing in or, providing relief for, a Pathways' foster home in which a child/ youth is placed, the **resident/relief caregiver** is required to read and review the attached policies and sign this declaration, indicating their understanding of and agreement to the expectations outlined in the policies, and **return** it to Pathways Family Services.

I/ we, \_\_\_\_\_, declare that I/ we have received and reviewed the documents listed below, and agree to follow the expectations outlined in these documents in regards to caring for a child/ youth. I/ we further agree to hold in strictest confidence all information or matters that I/we learn about clients, personnel, agency business, and any other information or matters specifically determined by Pathways Family Services.

- Pathways Policy CY-3: Behavior Management
- Children Services Policy 3.2.5: Child Management
- Children Services Policy 3.2.6: Child Safety

Caregiver Name: \_\_\_\_\_

Caregiver Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Date Signed: \_\_\_\_\_

### For Office Use Only

This form was received and filed by the Foster Care Support Worker assigned to this family on:

Date: \_\_\_\_\_ Name of FCSW: \_\_\_\_\_

Signature of FCSW: \_\_\_\_\_



**CY - 3 Child/ Youth Behavior Management**

A child/ youth's health and well being is paramount to meeting his or her needs. It is expected that children reside in a safe, healthy environment and that appropriate techniques are used to guide and correct their behavior.

**1. General**

Pathways Family Services, Pathways employees and Foster Parents will implement positive, proactive behavior management and discipline strategies to manage and encourage appropriate behaviors in children.

Emphasis will be placed on developing a positive relationship with the child/ youth before an event occurs. If an event occurs, direction and coaching will be provided to the child/ youth to assist in self-regulating and managing the behaviors that are being demonstrated.

**2. Child/ Youth's Rights**

A child/ youth has the right to be treated with consideration and respect for personal dignity, autonomy and privacy and be protected against neglect, cruelty, abuse and exploitation.

**3. Acceptable Discipline Methods**

Acceptable discipline methods include:

- The use of natural or logical consequences.
- Role modeling/ mentoring.
- Redirecting/ distraction.
- Rewards/ praise.
- Extinction/Planned Ignore (planned non-reinforcement of undesirable behavior).
- Withholding of privileges/ grounding.
- Offering acceptable choices.
- Time-out.

Discipline practices must be:

- Goal focused – focus discipline on moving the child from needing external controls to having self-control.
- Consistent – keeping discipline as consistent as possible to ensure the greatest efficacy.
- Current – deal with the present and address issues as they occur.
- Behavior focused – criticize behaviors; do not attack the child's personality or self-concept.
- Immediate – do not delay your response to misbehavior.
- Weighed – govern discipline according to whether the child intentionally misbehaved or had an accident.
- Related – relate discipline to the misbehavior.

- Appropriate – use discipline that is appropriate to the child’s age, development, understanding and cultural background.
- Reasonable – ensure that all discipline is reasonable based on the child’s age and level of understanding, and in a manner that promotes self-esteem, independence, and respects the child’s dignity.
- Communicated – ensure the child knows beforehand what the expected behaviors, limits and consequences are.
- Encouraging – use positive reinforcement when possible to encourage appropriate behavior.

#### 4. Time-Outs

A time-out is a technique in which a child/ youth is removed from an activity and directed to sit alone for a few minutes in order to calm down. The caregiver will de-brief then reintroduce the child/ youth to the regular activities of the family after the time-out has been served.

A time-out will be related to the age of the child. Method of determination will be one (1) minute for each year of the child up to the age of 12 years. In any case, this time must not exceed more than twenty (20) minutes.

#### 5. Prohibited Use of Discipline:

Pathways prohibits the use of:

- Any form of conduct that is intended to ridicule, humiliate, degrade, insult, demean or otherwise undermine the dignity of the child/ youth.
- Corporal/ physical punishment (including shaking, shoving, slapping, hair pulling, pinching) or any other pain causing behavior.
- Physical restraints, locked confinement or the use of medication for punishment.
- Exercise or work that may be considered excessive or harmful to the child.
- Using or threatening to use force to intimidate a child (physically or psychologically).
- Actions that ridicule the child’s religious, cultural or personal beliefs.
- Discipline by another child or adult who has not been designated as a temporary care giver.
- Group punishment for one child's behavior.
- Preventing or withholding visits and/or contact with biological family.

#### 6. Restraint and Seclusion

Pathways does not allow the use of restraints or seclusion as a regular or occasional technique of behavior management.

Please refer to Policy CY - 6, Child/ Youth Emergency Intervention for more information.

#### 7. Definition of Group Punishment

Punishing all children/ youth in a group for the misbehavior of one child/ youth is prohibited.

An example of unacceptable group punishment would be the canceling of telephone privileges for all children due to one child's inappropriate use of the telephone.

Group punishment will be interpreted from the perspective of intent rather than effect. It is understood that there are circumstances where the child/ youth will feel punished (effect) even though the intent/ purpose of the action/ consequence was not to punish. In the context of the principles of positive peer culture, a group privilege or reward may be lost due to a child's misbehavior. Such contingencies need to be established in advance by the group of children that would be affected.

## 8. Exceptional Behavior Management Techniques

All techniques that are or could be perceived as being unusual, marginal, experimental, or extreme will be discussed with the Service Team and Pathways prior to their use or implementation.

Appropriate approval from the legal guardian/ Case Worker and Pathways is required.

## 9. Documentation

All behavior management techniques will be clearly communicated to Pathways and the legal guardian/ Case Worker and documented on the child/ youth's record.

All Pathways employees or Foster Parent(s) will report significant incidents involving a child/ youth to their supervisor.



## Chapter 3: Foster Care

Section: <b>3.2 Supporting a Child's Placement</b>	Issue Date: October 1, 2011
Subsection: <b>3.2.5 Child Management</b>	Revision Date: October 1, 2011
	Page 1 of 2

### Policy

Every foster parent is to be made aware of the child management expectations and regulated prohibitions, and be supported in meeting these expectations.

### Purpose

Foster parents must be guided by discipline practices that promote children's self-esteem and independence while ensuring their physical safety.

### Procedures

On an ongoing basis, engage foster parents in a discussion of s.9 of RFLR and ACYS' expectations, including supporting them to:

- obtain training in the approved child guidance strategies,
- use child guidance strategies that encourage self-control, independence, self-respect and respect for others,
- adhere to the prohibitions regarding physical discipline, degradation and emotional deprivation,
- commit to refrain from using child guidance methods that ridicule, humiliate, degrade, insult, undermine dignity or undermine self-worth,
- abstain from using disciplinary measures that threaten or actually:
  - deny basic necessities such as food, shelter, clothing, sleep, washroom access or medication,
  - deny visits or contact with family or extended family,
  - confine the child in a locked place, or
  - threaten the child be removed from the placement,
- ensure that each new child placed in the home is made aware of the standard of behaviour expected in the home and the child's consequences for not meeting the standard, and

- commit to apply the standard of behaviour and the consequences sensitively and fairly, adjusting the application to each child's needs, abilities and level of development.

### Child Management Challenges

If an individual foster child has specific child management challenges:

- provide extra support to the foster parent,
- assist the foster parent in identifying and obtaining available relevant training, self-study material, books or consultation,
- develop, with the caseworker and foster parent, an individual child management plan if the behaviour is becoming unmanageable, and
- support the foster parent in implementing the plan.

### Recording

Record all contacts, consultations, decisions and rationale for decisions on Contact Notes [CS0072] and/or the electronic information system, as appropriate.

## Related Information



[3.1.4 Agreement to Foster](#)

[5. Licensing](#)



Contact Notes [[CS0072](#)]

To report a broken link click [here](#).



## Chapter 3: Foster Care

Section: <b>3.2 Supporting a Child's Placement</b>	Issue Date: October 1, 2011
Subsection: <b>3.2.6 Child Safety</b>	Revision Date: October 1, 2011
	Page 1 of 2

### Policy

Every foster parent must be aware of the child safety expectations and must be supported to meet these expectations.

### Purpose

Steps must be taken to ensure that children in the custody or under the guardianship of the director are kept safe from harm to the extent possible.

### Procedures

#### Child Safety Expectations

Provide foster parents with information on child safety and the duties of a licence holder per s.11 of RFLR.

#### Water Safety

Inform foster parents that they must be aware of, and committed to provide safety in and around water by:

- constantly supervising preschool aged children when bathing,
- keeping toilet seats down when preschool children are in the home,
- emptying a wading pool, bucket or bathtub immediately after use, and
- keeping small children away from water hazards in or near the home.

#### Trampolines

Inform foster parents that no child under six should use a full size trampoline and that a child on a trampoline must be supervised at all times.

### Child Operating Off-Highway Vehicles

Inform the foster parent that a child requires caseworker approval to operate an off-highway vehicle and is allowed to operate an off-highway vehicle only:

- according to the law,
- after proper training,
- with supervision,
- with appropriate protective gear,
- on private property,
- without a passenger, and
- with respect for the environment and other operators.

### Children Using a Weapon

Inform the foster parent that:

- a child can use a weapon only within sight, and under the supervision, of a responsible adult, and
- a child can own or receive a weapon only with approval from the caseworker.

### Recording

Record all contacts, consultations, decisions and rationale for decisions on Contact Notes [CS0072] and/or the electronic information system, as appropriate.

## Related Information



[1.6 Transporting Children \(Enhancement Policy Manual – Intervention\)](#)

[7.4.3 Firearms Licence \(Enhancement Policy Manual – Intervention\)](#)



Contact Notes [[CS0072](#)]



[Advisories and Warnings](#)

[Is Your Child Safe?](#)

[Transport Canada](#)