

**441—113.18 (237) Training and discipline of foster children.**

**113.18(1)** *Foster parents' methods of training and discipline.* The home study evaluation of each foster parent applicant shall include a discussion and a written report of the foster parents' methods of training and discipline. Discipline shall be designed to help the child develop self-control, self-esteem, and respect for the rights of others.

**113.18(2)** *Restrictions on training and discipline.* Child training and discipline shall be handled with kindness and understanding.

- a. A child shall not be locked in a room, closet, box, or other device.
- b. No child shall be deprived of food as punishment.
- c. No child shall be subjected to verbal abuse, threats or derogatory remarks about the child or the child's family.
- d. The use of corporal punishment is prohibited.
- e. Restraints shall not be used as a form of discipline.
  - (1) Reasonable physical force may be used to restrain a child only in order to prevent injury to the child, injury to others, the destruction of property, or extremely disruptive behavior.
  - (2) Upon approval of the department, the foster parent may use restraints only in accordance with the written plan of a licensed mental health professional who is working with the child and the foster parents.

**113.18(3)** *Reports of mistreatment.* Reports of mistreatment coming to the attention of the department licensing worker and caseworker for the foster child shall be investigated promptly and referred to the proper authorities when necessary.

This rule is intended to implement Iowa Code sections 234.40 and 237.3.