



How to use “time-outs” in eight easy steps

Getting Ready

1. Select a suitable part of your house for “time-out”. It should be a place that is not too closed off or scary or too dark. Rather, it should have no “fun potential”. The object of “time-out” is to bore and ignore your child, not scare him or her. A chair in the hall or a corner of the room will often suffice.
2. Buy an egg timer that makes a loud noise at the end and determine the amount of time to be spent in “time-out”. Generally, one minute per year of age is suggested; more than five minutes is not usually needed.
3. Do dress rehearsals with your child before you really want to use “time-out”. Make sure he or she understands what the rules of “time-out” are before you use it.

Using “time-out”

4. Once you see an unacceptable behavior, give a clear concrete explanation of what the unacceptable behavior is. Give a single warning of the consequences (“time-out”) for not stopping, and praise your child if he or she does stop.
5. If your child has earned “time-out”, tell him or her to “go to time –out” and why. Only say it once; don’t lose your temper or nag. If your child dawdles, guide them with as little physical force as necessary to reach the “time-out” spot.
6. If your child will not stay on the chair or in the room, you may need to gently restrain him or her with your hands.
7. Set the timer. If your child makes noise or misbehaves, ignore it. If your child gets off the chair, lead him or her back and reset the timer. Do not talk or argue with your child during “time-out”; that gives exactly the attention he or she may be looking for!
8. After the timer rings, the child is allowed to get up and resume his or her activities. Clean the slate and don’t hold a grudge. Your child has done his or her time and there is no need to discuss, nag, or argue about the misbehavior.

call time 8:30- 9:00 am
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