



time-outs

a time-out is a form of punishment that is most useful for children two and older. time-outs do two important things. first, they stop the misbehavior immediately and remove your child from the activity. second, time-outs are a non-violent approach to discipline that put the responsibility on the child to be able to rejoin the group. time-outs should only be used in instances of aggression (either physical or verbal).

how to give a time-out:

- clearly identify ahead of time, what specific behaviors result in a time out.
- choose a place in the house, like a chair or a mat, which is removed from the household action, but close enough that you can still monitor your child. if the child is a toddler, the time-out can take place where the behavior occurred.
- practice an actual time-out beforehand by showing your child what will happen if he has to go to time-out.
- administer a time-out immediately after your child misbehaves. be calm and clear. say, "hitting is against the rules. you need to take a time out." escort your child to the time-out area and tell him that he must remain there until his time-out is over (you know your child and the number of seconds or minutes he can tolerate. somewhere between 10 seconds and 8 minutes is the range). this is not the time to explain to your child what he did wrong, and it is also too late for him to apologize as a way of avoiding the time-out. show your child that you mean what you say.
- be consistent. once you say that a behavior will result in a time-out, you must follow through every time.
- use a kitchen timer to let your child know when his time out is over.
- never talk to or attend to a child who is in a time-out.
- ignore mild misbehavior (e.g., whining, being fresh) while your child is in time-out. these are just attempts



to get your attention.

- once the time-out is over, start again from a clear slate with no further discussion unless your child needs to apologize for something he did, or to follow through on something you asked.

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