

Effective Time-Out

For times when children's aggressive or destructive behavior cannot be ignored.

Teach your child the process: hitting is not allowed, if you hit you will go to time out to calm down.

Location: Pick a spot removed from fun and distraction but close enough to monitor them. Avoid calling it the "naughty spot" try "calm down chair" or "time out chair"

Length: One minute for how old your child is. For children over 5 do not exceed 5 minutes. Once their time is up AND their bodies are calm they may be invited out of time out.

Ending Time-Out: Ignore all attempts for attention during their time-out. When the time is up ask if they are ready to comply and take them back to the task to try again. If no - start time out again.

Praise: Look for the first moment to praise your child for the positive behavior. "Great job for using your soft hands with your sister!" This is the teachable moment for your child on what TO do.