

## Successful Time Out

- ◆ Choose an isolated corner of a room where your child will be away from all family activities.
- ◆ Do not call the chair a 'naughty chair', choose something such as 'thinking chair' instead.
- ◆ Make sure that your child understands what actions will result in time out.
- ◆ Show your child what will happen during time out.
- ◆ Provide a visual timer to allow your child to keep track of how long is left.
- ◆ Choose the correct amount of time to match your child's age: 3 minutes for 3 year olds, 4 minutes for 4 year olds and 5 minutes for 5 years and above.
- ◆ Insist on at least 2 minutes of quiet before time out ends, even if this means your child remaining in the chair for a long period of time.
- ◆ If your child refuses to go to time out, lead them there by the arm.
- ◆ If your child tries to leave time out, firmly return them without making a fuss.
- ◆ If your child continually refuses to remain in time out, warn them that a privilege will be withdrawn if they leave again.
- ◆ Always follow through with removal of privileges, to allow your child to learn for next time.
- ◆ Once time out is over, look for your child's first positive behaviour and offer praise.

## Don't Expect too Much too Soon!

Time out is not a magic wand!



However, persistence is the key!



Stick at it and it will be worth it in the end!



**Highgate Lane  
Bolton Upon Dearne  
Rotherham S63 8AL**

**T 01709 893121**



## Time Out versus Smacking



**Information for Parents and  
Carers**

## Boundaries & Consequences

Children require clear boundaries to ensure that they understand what is expected.

Allowing children to be involved in the process of creating household rules gives them ownership, which generally encourages them to stick to what has been agreed.



However, there will always be times when rules are broken and incidents escalate. When this happens, having appropriate consequences is a must!

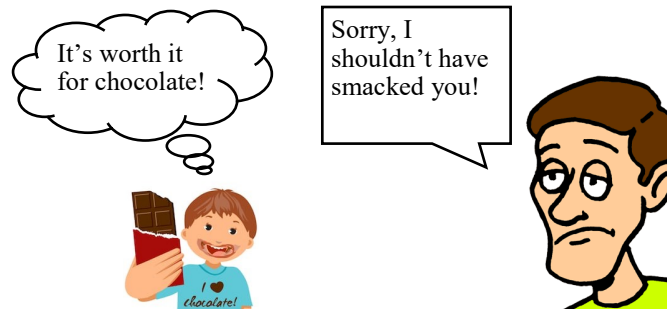
## Does Smacking Work?

Research shows that physical punishments are ineffective forms of discipline.



Although smacking may stop the inappropriate behaviour in the short term, it can very often lead to children using aggressive responses to resolve issues in the long term.

Some children even learn to withstand the smacking in order to receive the words of regret and sometimes gifts, that follow, to ease the guilt of their parents actions. This often leads to repetition of the inappropriate behaviour.



What could you do instead?

## How is Time Out Different?

Time out temporarily removes children from positive attention from adults. This acts as a cooling off period for both parent and child.

During this time, the child has the opportunity to reflect on what they have done, and consider what they could have done instead.

This form of self regulation is a skill that children can continue to use throughout their life.



Turn over for time out success tips!