

BEHAVIOR



**ANY
OBSERVABLE
ACTION**

BEHAVIORS

EMOTIONS

FAIR *but* **FIRM**



Example:

1. The teacher asks the child to sit down.
2. The child sits down.
3. The teacher praises the child for sitting down.



FAIR *but* **FIRM**

HOW TO EFFECTIVELY USE A TIME OUT

1. The length of the Time Out should be equal to the age of the child (i.e., A 5-year-old child serves a 5-minute Time Out).
2. The length of time should never exceed the above rule. However, the time may restart based on the child's behaviors. For example, a child earns a 5-minute Time Out and has problems 2 minutes before the Time Out is completed. The time should be placed back to 5 minutes instead of adding time to the remaining 2 minutes.
3. The place where the Time Out is served should be visible to the adult monitoring the youth but separate from the rest of the people in the house. For example, the youth may do a Time Out at the dining room table but the other children should be asked to stay away until the Time Out is completed.
4. The rules of the Time Out should be: Sitting up straight, hands folded in their lap, and no talking or making noise.
5. The child should always be allowed to earn up to half back on their Time Out. This should be started right away and continued until the full 50% is earned. This will enable the child to be positively motivated to complete the Time Out. For example, a six year old child earns a 6-minute Time Out and is allowed to earn 3 minutes back.
6. The child should not be allowed to ask any questions until the Time Out is completed. When the adult has the youth earn back time it is not a discussion but a statement to the child.
7. Should the child have to go to the bathroom the time will be reset when they return.
8. Until the Time Out is completed the child should not interact with any other people or use any privileges (i.e. TV, radio, etc.).
9. An egg timer, microwave timer or similar device should be used for the Time Out. The child may look at the time but not touch the timer. The timer should be moved each time they earn back.
10. This type of Time Out is most effective for children up to twelve years of age.

