



## How Will Teaching Time Out Help My Child?

When your child runs away or refuses to stay in time out, she begins to think that she doesn't have to follow your directions. Your child will feel safer and more secure knowing **YOU** are in charge.

## What Can I Do?

Teach your child time out by using the following steps:

**NOTE:** The time out spot should be a boring but safe place where your child can sit. Adults must continue to supervise children at all times. **Caution:** Never use closets, bathrooms, or other small closed areas.

1. Start with a short (30-60 seconds) time out. Once she settles down, don't talk to your child during the time out.
2. If your child refuses to stay in time out, hold her firmly but gently in the time out space. Remember to keep it short.
3. Tell her you will let her go when she settles down and is ready to stay in time out on her own.
4. Once time out is over, remember to praise her good decision to settle down in time out.
5. After the time out, talk with your child about why she was in time out. Talk about better choices for next time. Then give your child a hug or high five and say, "I love you."

Notes & Tips for my child...

Note: Time out is one way to help children manage their behavior. Other effective ways include re-directing or giving consequences.

## Rewards for Life!

Teens and adults who can control themselves have less trouble in school or at work. They get along better with family, friends, and spouses.

These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children's social-emotional skills and healthy decision-making visit [AcornDreams.com](http://AcornDreams.com), a service of Wingspan, LLC.

