

Parenting Tips 2 Time Out



When your child is doing something that is unacceptable, time-out helps stop the behaviour and change the situation. Time-out sends him away from the trouble spot, and into an isolated area such as a room, chair, quiet corner, hallway, or playpen. It's best used with children aged 2 to 12 years.

1. If a child has done something wrong or hurt someone take the child to their room, the naughty mat or the naughty chair. Tell them they have time out for X mins (1 min for each year of age ie. 6 mins for 6 year olds) Tell them why they are getting timeout and that they have X mins to think about what they have done.
2. If they keep leaving the mat, room or chair tell them that their time is starting over and they will not be finished with time out until they can stay there for the full time.
3. After X mins (and not before) go back to them. Ask the child why they were given a time out. Ask if they are ready to apologise. If they are get them to apologise properly to the person they upset or hurt. Give hugs.
4. If they are not ready to apologise leave them in time out for a further X mins. Do not go back before their time is up even if they are calling to say they are ready now.
5. If the child does the wrong thing again even if it is only 30 seconds since their last time out follow the same procedure.

DO NOT yell, smack or get drawn into ANY discussion beyond what is written above. **STAY CALM** remember you are the grown up, you make the rules not them.

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