

Time Out...to Calm Down

Time Out is a Way of helping children – and adults – when emotions are running high, a cooling-off time that gives everyone a chance to calm down.



Steps for Giving Time Out

Beforehand

1. Explain the idea of Time Out clearly to the child/children
2. Discuss what behaviour will earn Time Out and agree a rule about it.
3. Pick a Time Out place that is both boring and close enough for parents and child to see and hear each other
4. Decide how long Time Out last

When a rule has been broken

1. Give 1 clear warning, reminding the child of the rule that has been broken to allow the child to stop
2. If the rule is broken again, tell the child to go to the Time Out place
3. Ignore all comments, promises, arguing, pleading
4. Remind them how long Time Out will last
5. Remind them that Time Out starts only when they are sitting quietly
6. When they are ready set a timer such as sand timer, alarm on your phone, etc
7. When Time Out is over, praise the child for taking it well without saying anything about the unwanted behaviour, and invite them to do something enjoyable with you