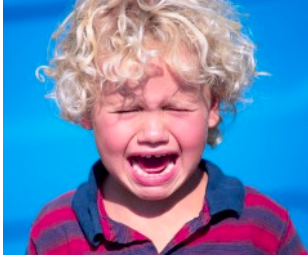


5 TIPS FOR GIVING TIME-OUT



#1. Do what you say you will...

Be consistent. It's okay to give a warning before time-out, but if it turns into several warnings and NO time-out, your child will not believe he will ever receive one. Also, he will not learn that there is a consequence. So make the expectations and rules clear and stick to what you say.

#2. Give lots of "time-in"...

Make sure your child understands when he has good behavior by providing lots of praise when he behaves well. Give them plenty of opportunities to earn rewards and things that they want rather than losing (time-out).

#3. Immediacy...

Make sure your child gets the time out immediately, or soon, after the problem behavior.

#4. Talk it out...

It's important to shape the good behavior and not just punish the bad behavior. Give a rationale after the time-out as to what the child did wrong and how to behave well in the future. Wait to do this until after the time-out so that you do not provide attention during it.

#5. Know when to give a time-out...

Make sure your child does not receive a time-out from an unwanted task for bad behavior. He may have bad behavior during something he does not want to do, but by letting him out of doing the task, it is more likely that bad behavior will happen again.