

Using Time Out



**Solution
Based
Casework**

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1. It is helpful to **use time out early in the behavior**, before the child (or parent) loses too much control.
2. Parents will want to **keep the time out period reasonable**, not too long, (many parents use the 1 or 2 minutes per year formula.)
3. You will want to **have a clear agreement on the family rules** and insure that the child understands what behaviors will consistently result in time out.
4. Try to **give a clear warning when misbehavior is noticed**, prior to giving children time out, and then follow through on time out.
5. Parents need to **realize it will take time to learn a new skill**. Parents who understand this seem to do better than those who want a child to change immediately.
6. Once the child is in time out and starts to calm or quiet down, it is **helpful for parents to “declare victory”** and help the child return to normal activity with lots of praise for regaining self-control.
7. Parents will find it helpful to **“let go” of an incident afterwards** and **take time to reconnect** with their child in a positive way right after a time out.
8. Parents find it helpful to have a plan to keep calm and under control in order to **set an example** to their children and to avoid the costs of losing self-control when frustrated.