

Using Time-Out



1. Discuss the type of unacceptable behaviors and the time-out procedure in advance with the child.
2. Pick a neutral (i.e., a relatively boring) place, but it must also be safe.
3. Pick a specific time period for the length of the time-out (i.e. 5 minutes).
4. Give the consequence immediately after the unacceptable behavior.
5. Time-out starts when the child is quiet and may start over if the child is noisy or leaves.
6. Ignore mild misbehavior while the child is in time-out.
7. Return the child if she or he leaves the area. Consider warning about the loss of privileges if the behavior continues.
8. If the child was placed in time-out for not listening, reissue the instruction and repeat the procedure.



*Resource: Kolko, D. & Cupit Swenson, C.
CBT+*