



The child has misbehaved and it is time for Time Out (TO).

- ❖ The caregiver should have an identified TO chair and/or identified TO room (bedroom, laundry room, stairs).
- ❖ TO is 3 minutes with 5 seconds of quiet.
- ❖ If the child has broken a House Rule*, this is an automatic TO and s/he goes right to TO.
- ❖ If the child has been defiant or disobedient, the child is given another chance to behave before going to TO.
- ❖ If the child behaves after the warning, the child is praised.

TO Steps:

1. Caregiver takes the child to the TO space instead of telling the child to go to TO. The child is not told how long they are to stay in TO.
2. Caregiver tells the child s/he must stay in the TO space until the caregiver says they can get up. The child must stay in the TO space for 3 minutes. If the child gets out of the TO space, the 3 minutes starts over. After 3 minutes, the child must be quiet for 5 seconds. If the child is not quiet for 5 seconds, the caregiver waits until the child is quiet and then starts counting the 5 seconds again.
3. Once the child has been quite for 5 seconds (even if they make a noise after), the caregiver asks if s/he is ready to complete the instruction. If the child says yes, the caregiver walks the child back to the situation. If the child completes the task, the child is praised. If the child refuses to complete the task, the child is taken back to the TO space and told to stay in TO until the caregiver returns; the 3 minutes starts over.
4. For behaviors that break House Rules (e.g., hitting a sibling), the child is not praised right after a TO. The child is returned to the situation where the problem arose (hit a sibling) and instead is praised every time s/he keeps hands to themselves throughout the day, plays cooperatively or is nice to the sibling.
5. TO procedures can be repeated until there is compliance.

Tips.

1. The TO procedure should be discussed and practiced with the child before using TO so the child knows what to expect.
2. The TO chair and/or room should be clearly set up and known to the child before implementation of TO.
3. The child is “invisible” while in TO regardless of whining, begging, kicking, peeing, etc. The caregiver does not engage at all.
4. The child is praised for successful compliance every time.

*House Rules should be few and target serious behaviors such as aggression, property destruction, threatening. The child should know what the House Rules are.

