



Timeout

Component	Guidelines	Rationale
Why	<ul style="list-style-type: none"> • Noncompliance toward a command (not listening) • Rule violations e.g. aggression 	Children are motivated to avoid timeout because there is nothing going on and there is nothing they can do about it.
What	Timeout from Attention, Stuff, and Movement.	Children do not like situations where there is nothing going on.
Where	<ul style="list-style-type: none"> • Timeout means putting your child in a boring place for a brief period of time. • No attention, stuff, or movement. 	It's not important where timeout occurs, rather, how it occurs.
What if my child refuses to go timeout	<ul style="list-style-type: none"> • Physically guide them rather than instructing them to go. 	Using an instruction sets the occasion for defiance or noncompliance.
What to say during timeout	From the moment you say "timeout" until the moment timeout is over you say NOTHING.	Timeout means timeout from attention, stuff, and movement. If you are giving a child attention, then something is going on.
How to handle getting out of the timeout before it ends	Return the child to timeout location without eye contact or verbal interaction	The timeout should end only when the child is quiet and still
How to handle misbehavior in timeout (yelling, spitting, kicking)	IGNORE, IGNORE, IGNORE.	The child is already experiencing a consequence.
How long should timeout last	Timeout is over when the child is quiet and still (quiet acceptance).	Exit from timeout should be dependent upon child behavior, not the passage of time
Ending timeout	Once your child is quiet and still, say, "Good job being quiet, are you ready to get up?" Child to respond verbally. Or say, "Good job being quiet, timeout is over."	This helps the child understand that timeout is over because he/she is quiet and still.
What to do after timeout	<ul style="list-style-type: none"> • Return to original command. • Issue several more simple commands and praise compliance. • It is not helpful to lecture children on what they did that led to timeout. 	The child's response to the command will tell you whether he/she is ready to listen or needs to return to timeout. This is a good time to practice compliance.

Basic Steps:

1. Say, "timeout" and immediately take him/her to the location, ignoring all screams, protests, and antics.
2. He/She remains in the location completely ignored until quiet and calm (this is not based on a specific amount of time).
3. Once he/she is released from time out issue short series of instructions to ensure he/she is settled and ready to return to activity. Deliver praise for compliance after each instruction. ("Get out of the chair." "Good job listening." "Hand me the toy." "Good job listening.").