



Timeout Checklist

TIMEOUT FOR NONCOMPLIANCE	
1	Give effective command
2	5 second pause
3	Repeat command with timeout warning
4	5-second pause
5	Say "Timeout for not listening"
6	Put child in timeout location if necessary
7	Ignore all behaviors that occur during timeout
8	Return the child to timeout following escape without talking or eye contact
9	Say "Good job being quiet and still, are you ready to get up?" Or "Good job being quiet and still, timeout is over."
10	Give the child the original command
11	If child complies with the command, provide praise and the timeout is over
12	If the child does not comply, return to step 6

TIMEOUT FOR RULE VIOLATION (e.g. aggression)	
1	Describe rule violation. Say "Timeout for hitting."
2	Put child in timeout.
3	Ignore all behaviors that occur during timeout
4	Return the child to timeout following escape without talking or eye contact
5	Say "Good job being quiet and still, are you ready to get up?" Or "Good job being quiet and still, timeout is over."
6	Remind child of the rule. Say "Remember the rule. Keep your hands and feet to self."
7	Return child to situation where rule violation occurred. Praise following the rule.
8	If the child breaks the rule again return to Step 1.

Parent-Child Interaction Therapy, Incorporated. (2025). *Parent-child interaction therapy treatment manual: Assessment & treatment manual for PCIT therapists* (2025 ed.). Parent-Child Interaction Therapy, Incorporated.