

## Timeout Backup Procedure

Use the backup timeout procedure when a child repeatedly leaves timeout and you cannot continue returning them to the chair. This procedure teaches the child how to complete timeout and shows that staying in the original location is fastest. The procedure works like a ladder: children who move to additional timeout locations must complete timeout in each location before returning to the original chair. Timeout ends only when the child is quiet and still.

### Preparation (Decide in Advance)

1. Identify two backup locations, such as:
  - a. First backup: steps, hallway, landing, rug
  - b. Second backup: bedroom or another safe room
2. Decide how many escapes you will allow at each location before moving to the next step.
3. When at home, use an adult-sized chair for timeout when possible.
  - a. A child is out of timeout when both feet are on the floor.
  - b. Return the child to timeout silently, calmly, gently, and without eye contact.

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### Backup Timeout Steps

1. Return your child to the timeout chair the predetermined number of times.
2. On the next escape, calmly guide your child by the hand to the first backup location and say: **“You need to sit here quietly until I tell you to get up.”** Then disengage and go about your activities.
3. Return your child to this location as many times as predetermined.
4. On the next escape, guide your child to the second backup location (e.g., bedroom) and say while pointing: **“You need to sit here quietly until I tell you to get up.”** The door may be left open or closed.
5. If the child attempts to leave the room, hold the door shut silently from outside.
6. After the child has been quiet and still for about one minute, enter and say: **“Good job sitting quietly. Are you ready to get up?”** If the child says yes, praise calm communication. Guide the child back to the first backup location and repeat the quiet-sitting requirement.
7. After the child is quiet and still at the first backup location, repeat the check-in and return the child to the original timeout chair.
8. Once the child is quiet and still at the chair, say: **“Good job sitting quietly. Timeout is over.”**

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### After Timeout

Address the original reason for timeout:

- Noncompliance:
  - Deliver the original command again.
  - Praise compliance.
  - If the child does not comply, say: **“You did not follow instructions. Timeout.”**
  - Restart the timeout sequence (no warnings).
- House rule violation:
  - Briefly remind the child of the rule and return them to a similar situation to practice the rule.
  - If aggression was involved, coach the child to redo the interaction using words.
  - Praise appropriate behavior and rule-following.