



SOS Time-Out

from SOS Help For Parents Book and Video

Basic Steps For Initially Using Time-Out Parents' Check List



Steps To Follow:

- ___ 1. Select one target behavior on which to use time-out. (Chapter 4)
- ___ *2. Count how often this target behavior occurs. (Chapter 4)
- ___ 3. Pick out a boring place for time-out. (Chapter 7)
- ___ 4. Explain time-out to your child. (Chapter 8)
- ___ 5. Wait patiently for the target behavior to occur. (Chapter 9)

A portable timer is essential for effective time-out!

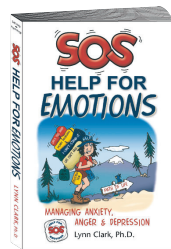
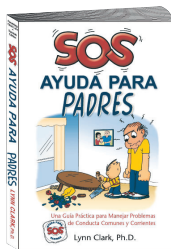
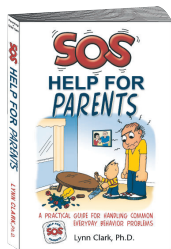
Target Behavior Occurs!

- ___ 6. Place your child in the time-out place and use no more than 10 words and 10 seconds. (Chapter 9)
- ___ 7. Get the portable timer, set it to ring one minute for each year of your child's age, and place it within hearing distance of your child. (Chapter 10)
- ___ 8. Wait for the timer to ring – remove all attention from your child while she waits for the timer to ring. (Chapter 10)
- ___ *9. Ask your child, after the timer rings, why she was sent to time-out. (Chapter 11)

* These two steps are not essential.

Set the portable timer one minute for each year of your child's age. Always use a portable windup timer. The basic steps for using time-out are discussed in *SOS Help For Parents*.

Time-out is a behavior *stopper* rather than a behavior *starter*. Time-out stops hard-to-handle behavior but doesn't start good behaviors such as doing the dishes or taking out the trash. Use social rewards and encouragement to start good behavior.



See Video Clips in English & Spanish
at www.sosprograms.com

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Give Effective Instructions And Commands When Sending The Older Child To Time-Out.

All parents must be able to give clear, effective instructions and commands on occasion. They must also be able to "back up" their commands. A command is a request to immediately start or stop a behavior.

When are commands given? Give your child a command when you want him to stop a specific misbehavior and you believe that he might disobey a simple request to stop the misbehavior. Also, give a command when you want your child to start a simple behavior and you believe that your child might disobey a simple request to start the behavior. Give the older child a command when sending her to time-out.

How should you give a command? Follow the guidelines listed below:

Giving Effective Commands To Your Child

Parents Check List

- ___ Steps To Follow:
- ___ 1. Move close to your child.
- ___ 2. Have a stern facial expression.
- ___ 3. Say his or her name.
- ___ 4. Get and *maintain* eye contact.
- ___ 5. Use a firm tone of voice.
- ___ 6. Give a direct, simple, and clear command.
- ___ 7. "Back up" your command if necessary.



Common Time-Out Mistakes Parents Make

Are you making any of these time-out Mistakes?



"Are you sorry for what you did?... You better behave yourself after you leave time-out!..."

- Error #1 Talking or arguing with a child after placing him in time-out.
- Error #2 Talking or arguing with a child before placing her in time-out.
- Error #3 Using a small child's chair, rocking chair, or couch as a time-out place for toddlers and preschoolers.
- Error #4 Using a child's bedroom or an interesting place for time-out with older children.



*Another reason
a portable timer
is essential!*

"Dad forgot to use a timer."

- Error #5 Not using a portable windup timer. Keeping track of the time yourself or using a timer on the kitchen stove.
- Error #6 Making a child apologize or promise to be good after he leaves time-out.
- Error #7 Threatening to use time-out instead of actually using it.
- Error #8 Trying to shame or frighten a child with time-out.
- Error #9 Using very long, very short, or different periods of time for time-out.

How To Handle Children Who Rebel Against Time-Out

"Parents who make time-out mistakes encourage their children to rebel against time-out."

You can handle the problem if your child rebels against time-out. The method you select depends on whether your child is two to four or five to twelve years old. First, check if you are making any time-out mistakes. Then apply a solution from *SOS Help For Parents*.

"Escaping from time-out!"



Rebellion: Escaping from time-out.
Rebellion: Refusing to go to time-out.
Rebellion: Making noise in time-out.

Two Time-Out Variations:

- Timing-Out Two Children.
- Timing-Out A Toy Instead Of The Child.

Order "How To Use Time-Out Effectively" Audio Program, for individual and group listening.

Free help for parents and counselors!

- See Video Clips of SOS time-out at www.sosprograms.com
- Listen to children's reactions to time-out at www.sosprograms.com
- Counselors can download a free copy of the Time-Out Parent Inventory (TOPI) at www.sosprograms.com
- Counselors can download a free copy of the Child Management Skills Test (CMST) at www.sosprograms.com



The DVD Video SOS Help For Parents

A Video – Discussion
Parent Education &
Counseling Program

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