



SOS Time-Out

from SOS Help For Parents Book and Video

Basic Steps For Initially Using Time-Out

Parents' Check List



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

Steps To Follow:

- ___ 1. Select one target behavior on which to use time-out. (Chapter 4) *A portable timer is essential for effective time-out!*
- ___ *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)

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.



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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

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

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