









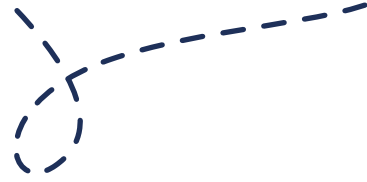
BE HAPPY

EFFECTIVE TIME-OUT PROCEDURE

The University of Texas at Tyler School of Medicine

SETTING UP FOR SUCCESS

-  **Give Advanced Warning**
Explain expectations ahead of time so your child understands consequences.
 - Example: “If you choose to hit, you will sit in time-out.”
-  **Make It Immediate**
Follow through right away when behavior occurs. Do not delay or threaten time-out later.
-  **Keep It Brief**
Start with 2-3 minutes plus 5 seconds of quiet. Most children calm and reset within this time frame.
-  **Keep It Calm**
The goal is quiet sitting. Avoid emotional reactions so your child learns calm behavior works best.
-  **Keep It Quiet**
Place the time-out chair in a low-stimulation area where your child can be observed but not engaged in activity.
-  **Pay NO Attention**
No talking, eye contact, gestures, or emotional reactions during time-out—even if your child protests.
-  **Be Consistent**
Use time-out consistently for clearly defined behaviors. Inconsistency reduces effectiveness and increases confusion.



The goal of effective time-out is to teach children that calm, cooperative behavior leads to praise and attention, while unsafe or unhelpful behavior results in a brief, predictable removal of attention. A structured approach to time-out helps make parents and children successful!

STEP-BY-STEP TIME-OUT PROCEDURE

STEP	PARENT ACTION	EXAMPLE
1	Give a direct command (child does not comply)	"Please put your shoes on."
2	Count silently to 5	"1, 2, 3, 4, 5."
3	Give a warning	"If you don't put your shoes on, you will sit in time-out."
4	Count silently to 5 again	"1, 2, 3, 4, 5."
5	Give brief explanation	"You did not do what I told you, so you have to sit in time-out."
6	Take child to time-out chair immediately	Stand up and calmly guide child to chair
7	Give command to sit	"Sit on the chair until I tell you you can get off."
8	Time-out duration	2-3 minutes + 5 seconds of quiet
9	Check readiness	"Are you ready to put your shoes on?"
10	Wait for compliance (minimal attention)	Point to shoes if needed
11	Acknowledge compliance	"Thank you for putting your shoes on."
12	Give follow-up command	"Now please grab your backpack."
13	Praise compliance	"Great job following directions!"



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