

# Time Out



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The practice of using time out may be used with children who have attention problems, disruptive behavior or anxiety. This is an easy way for parents to let their children know that bad behavior will result in a time-out. Time-out removes a child from the attention of others and he or she cannot do anything fun for a limited amount of time. This allows both parents and child to “cool off” after unwanted behavior.

## How does this practice work?

- Pick a time-out place that is boring like a corner away from toys or TV.
- Warn child that if he or she misbehaves they will go to the time-out corner.
- Act quickly but calmly after the child misbehaves.
- Immediately take the child to the time-out corner after they misbehave.
- Tell child why they are doing time-out.
- Tell child when time-out it is over, usually 1 minute for each year of age.
- Ignore small misbehaviors during a time-out.
- Repeat time-out if the child breaks the behavior rules again.
- Practice until the rules are followed.
- Time-out will not work if the parent allows the rules to be disobeyed.

**Example:** Bill is 5 years old. He is told before playtime that throwing toys and hitting others is not allowed. Bill gets warned that he will sit in a quiet place all alone if he does not follow the rules. Bill has a story book and hits John on the head with it over and over again. His mother calmly and quickly sets him in a quiet corner with only a chair. He is away from other kids and toys. He will sit there for 5 minutes, one minute for each year of his age. When time is up John’s mother comes to get him. She will remind him why he had a time- out, and will repeat the routine until he stops hitting other kids.

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