Time Out

Time out is one of the strategies that the children will be learning in their session today. To help your child/children avoid escalation into aggressive behaviours or overwhelming emotions, it's import›¢¢ant that you understand how it works.

Time out shouldn't be used as a punishment. A need for time out should be identified by the person who's feeling angry – whether parent or child. It's not a tool for children to use to get out of doing chores or avoid discussing their behaviour. The situation that triggered the angry feelings should be resolved when everyone's calmed down.

Display the rules on a wall where they can be seen. If there's a close friend or relative your child spends time with, explain time out to them and ask them to display the rules too. The more positive reinforcement there is of the time out tool, the easier it becomes to use it.

Time out with young children (7 and under)	Time out with older children (8 and up)
• Parent calls a time out • Parent helps decide what activities are acceptable to help calm down • Parent says when time out is over	• Person getting angry calls time out • Person using time out manages their feelings and returns when they are no longer angry • When calm, return to cause of initial conflict if it's not resolved

Strategies for calming down

What helps you to calm down when you're upset / angry? Ideas might include:	What do you think would help your child to calm down? Ideas might include:
• Soak in a hot bath • Using calm breathing • Listening to calming music • Going for a walk / run • Thinking about a positive past experience • Cleaning	• Listening to music • Watching a favourite show • Playing a non-violent game (e.g. Minecraft) • Reading a book • Drawing • Doing jumping jacks • Trampolining

The Rules of Time Out

If you're getting angry:

1. Say: "I'm taking a time out"

2. Go somewhere safe and quiet (already agreed) for up to 20 minutes

3. Come back when you're calm and talk about the problem

4. Time out is **NOT** a punishment

5. Time out should **NOT** be used to get out of doing jobs or homework

6. Once you're calm, you must talk with the other person about what made you angry