

behavior, the time-out period will begin after they quiet down.

- When they are quiet for the duration of the time, they can then leave the room.
- A rule for the length of time-out is 1 minute per year of age; use a kitchen timer with an audible bell to record the time rather than a watch.



FIG 2-2 Time-out is an excellent disciplinary strategy for young children.

Corporal or physical punishment most often takes the form of spanking ([Larzelere, 2008](#)). Based on the principles of aversive therapy, inflicting pain through spanking causes a dramatic short-term decrease in the behavior. However, this approach has serious flaws: (1) it teaches children that violence is acceptable; (2) it may physically harm the child if it is the result of parental rage; and (3) children become “accustomed” to spanking, requiring more severe corporal punishment over time. Spanking can result in severe physical and psychological injury, and it interferes with effective parent-child interaction ([Cain, 2008](#)). In addition, when the parents