

based on the premise of removing the reinforcer (i.e., the satisfaction or attention the child is receiving from the activity). When placed in an unstimulating and isolated place, children become bored and consequently agree to behave in order to reenter the family group (Fig. 2-2). Time-out avoids many of the problems of other disciplinary approaches. No physical punishment is involved; no reasoning or scolding is given; and the parent does not need to be present for all of the time-out, thus facilitating consistent application of this type of discipline. Time-out offers both the child and the parent a “cooling-off” time. To be effective, however, time-out must be planned in advance (see [Family-Centered Care](#) box). Implement time-out in a public place by selecting a suitable area, or explain to children that time-out will be spent immediately on returning home.

Family-Centered Care

Using Time-Out

- Select an area for time-out that is safe, convenient, and unstimulating, but where the child can be monitored, such as the bathroom, hallway, or laundry room.
- Determine what behaviors warrant a time-out.
- Make certain children understand the “rules” and how they are expected to behave.
- Explain to children the process of time-out:
- When they misbehave, they will be given one warning. If they do not obey, they will be sent to the place designated for time-out.
- They are to sit there for a specified period.
- If they cry, refuse, or display any disruptive