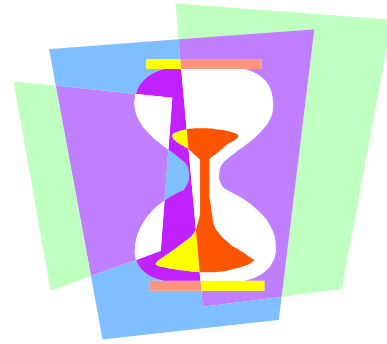


STEPS TO TIME-OUT

1. Decide if a time-out is needed
2. Decide the purpose of the time-out (adult, child regain calm, child removed from support/temptation)
3. Start the time-out
4. Support the child's emotional development during and after the time-out



REMEMBER!

- Consider Time Out A Last Resort.
- Be Clear In Your Purpose Of Time Out.
- Time Out Is An Opportunity To Teach Your Child, It Is Not A Punishment.
- Keep Time Out As Brief As Possible.
- Choose Time Out Only If You Have Enough Time To Finish It.
- Choose Time Out To Remove Only If You Have A Safe Place For Your Child, Where You Can Watch Him/Her.
- Find Opportunities To Praise Your Child After A Time-Out Is Completed.