

POSITIVE TIME-OUT/TIEMPO FUERA POSITIVO

POSITIVE DISCIPLINE

Positive time-outs are intended to stop negative behaviors and to help children cool off and gain self-control using available resources, including you (mom/dad/caregiver). When children are young the time-out teaches them how to do this and gives them an opportunity to practice those new skills. As the child gets older, time out is both a reminder to the child to regain control over himself and a push to do so.

Here are some tips for creating and using positive time outs with your child:

1. Create a "cozy corner" or other safe, comforting place with your child where he/she can retreat for comfort and renewal.
2. Help him/her decorate it and ask him/her to choose comforting objects, such as stuffed animals, blankets, books or quiet activities.
3. Encourage him/her to give it a special name.
4. When you call for a time-out, begin by describing the negative behavior. "I see that you are hitting your sister" - "Veo que estás golpeando a tu hermana."
5. Then offer the choice to stop the behavior immediately or to take a time-out. "Would you like to go to the cozy corner to cool off or do you think you can stay here and not hit your sister?" - "¿Te gustaría ir a tu rincón para calmarte o crees que puedes quedarte aquí y no golpear a tu hermana?"
6. If the child chooses to go to his time-out spot, you can give him/her the choice of being alone or having you with him/her. "Would you rather go alone or would you like mommy/daddy to come with you?" - "¿Prefieres ir solo o quieres que mami/papi te acompañe?"
7. The time-out ends when he/she is sufficiently calmed down, not when a specified number of minutes have passed.
8. Model using positive time-out by going to your own special place when you are upset.