

Time-Out Procedures

FIU | Center for Children and Families

Time Out

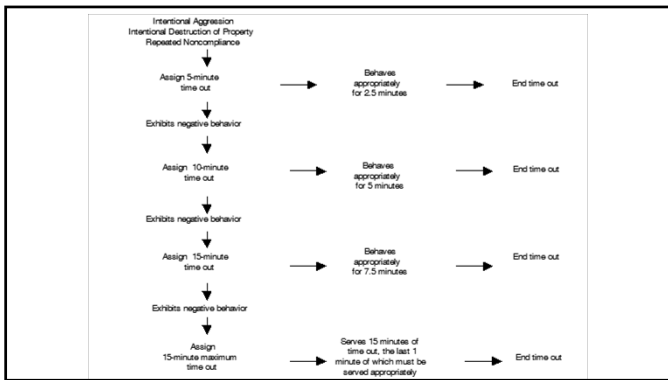
- "Time out from positive reinforcement"
- If the activity is not a positive reinforcer, then time out will not function.
- Gives a child a place and time to calm down after he or she has become angry.

Behaviors for Which Time Out is a Consequence

- Intentional Aggression
- Intentional Destruction of Property
- Repeated Noncompliance

Length of Time Out

- Length depends on age and compliance with procedure
- Age 5-6: 5/10/15 minutes
- Age 7-9: 10/20/30 minutes
- Age 10 and over: 20/40/60 minutes
- Children may earn 50% reduction in time for serving the time out appropriately
- Time is increased for negative behavior
- Procedure gives the child an incentive to behave even while being punished



Assigning a Time Out

- Inform of point loss for IA/IDP/RNC
- Assign minimum length time out
- Inform of possible time reduction
 "You lost 50 points for hitting Jimmy and you have a 10-minute time out. If you behave appropriately for the first 5 minutes you will earn 5 minutes off."
- Give command to go to the time out area if necessary and evaluate compliance
- Describe time out area

Time-Out Areas

- Near enough to group to watch other children participating and being reinforced
- Far enough not to disrupt the group
- Away from potential safety hazards, belongings, doorways, stairwells, etc.
- Separate multiple children serving time outs

Activity Rules for Time Out

1. Do not exhibit negative behavior when the time out is assigned.
2. Do not exhibit negative behavior during the time out.
3. Use materials and possessions appropriately.
4. Stay in your assigned area.
5. Be ready to rejoin the group when the time out is over (i.e., post-time-out sit out not assigned).
6. Do not exhibit negative behavior during the post-time-out sit out.

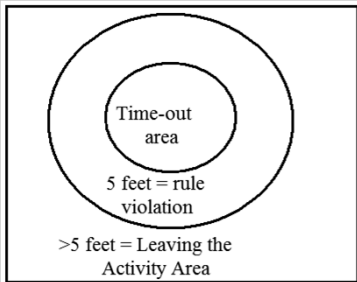
Escalating a Time Out

- Any negative behavior after a time out is assigned results in escalation
- Inform child of applicable point loss, time escalation, and Violating Activity Rules
- Escalate in steps: inform of all point losses and length escalations even for continuous behavior
- After assigning a maximum-length time out (i.e., no chance for a reduction), stop informing the child of point losses but continue to record behavior

Behaviors That Do Not Result in Escalation

- Appropriate communication with other children, staff members or others
- Appropriate requests for time remaining or emergency
- Humming, singing, playing with grass or other behavior that does not meet criteria for a negative point system category

Time-Out Areas



Monitoring a Time Out

- Usually the staff member who assigns the time out
- Exceptions:
 - Sport Leader
 - Classroom
 - Multiple time outs

Monitoring a Time Out

- Keep track of time remaining on watch (do not rely on the timer if present)
- Monitor behavior while participating in the ongoing activity
- Minimize attention to the child
- Record all behaviors and time escalations on the Time Out Log
- End the time out at the correct time

Ending Time out

- Tell the child that the time out is over
- Ask the child why he or she was serving a time out. (Remind child if necessary)
- Ask the child if he or she is ready to rejoin the group.
- Assign Post Time Out Sit-out if necessary.
- Issue a command to rejoin the group.
- Award points for Compliance, take points for Noncompliance, or assign a new time out for Repeated Noncompliance

Ending Maximum-Length Time Out

- "Countdown" period
- 1 minute for 5/10/15, 2 minutes for 10/20/30 or 20/40/60 systems
- Must serve the entire countdown period appropriately before ending the time out
- Inform the child at the *scheduled* end time that he or she must serve 1 or 2 minutes appropriately; restart countdown period but do not inform child of restarts
- End time out after served appropriately

Post Time-out Sit Out

- Negative behavior during the ending of the time out (unless behavior results in a new time out) or counselor determines child is still angry
- Child may request a post time out sit out
- Rule violation but not an escalation of the time out—time out is over
- Only one allowed
- After sit out, issue a command to rejoin group and evaluate compliance

Ending Time Out for Repeated Noncompliance

- If possible, child should complete the behavior specified in the original command prior to rejoining the group
- Failure to comply results in a new time out
- May have to make provisions to enable child to complete the task (e.g., leave rec. equipment out)
- Not possible in all cases (e.g., get into the pool)

Point System and Time Out

- Behavior resulting in time out is reported to the Point Sheet Counselor and recorded
- All behavior during the time out is recorded on the Time Out Log
- Child may only earn points for Following Activity Rules but may lose points for any behavior
- Good Sportsmanship and Behavior Bonus = 0
- Violating rules of time out = 0 for FAR
- Child does not attend point check: give private feedback at scheduled time
