

Give “Time In” A Chance!

Time Outs are an effective form of discipline used regularly by parents, other caregivers, and schools. But the typical two to 10 minutes of sitting alone in a designated spot is hard for some kids.

Instead of helping your child calm down and reflect on inappropriate behavior, the method could be counter-productive when used with kids who have trouble sitting still.

The goal of a time out is to bring a child’s energy level down and help him regain control. For some children, however, a “time in” may be more effective.

Instead of isolating a child who misbehaves, declare it “time in” and redirect the child’s focus.

Repetitive activities are usually helpful. Have your child throw bean bags or soft objects into a basket, complete a coloring book page, or punch a pillow.

Require the child to perform an age-appropriate task, such as folding towels or helping wash a car.

It’s important to teach your child how to express emotion or release energy in a manner that doesn’t hurt him or others.

Sometimes, “Time In” simply means more time with you.

Your sports-loving youngster who plays too rough with other kids may need to practice more often away from the team, just the two of you. Your pre-teen who picks on a younger sibling may need a hug, or time alone to talk with you about something important.

Be creative in devising consequences, remembering that your role as a parent is to help your child understand right from wrong and to help your child regain control.

