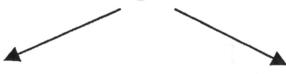


## TIME OUT PROCEDURE HANDOUT

<b><u>If</u> YOUR CHILD BREAKS A FAMILY/HOUSE RULE</b>	
<b><u>Then</u> take your child to the Time Out Chair and set the timer for the number of minutes that is equal to your child's age.</b>	
	<b><u>If</u> your child stays in the Time Out chair until the timer goes off,</b>
	<b><u>If</u> your child gets out of the Time Out chair before the timer goes off,</b>
	<b><u>Then</u> say, "Time Out is over. Remember [REPEAT RULE]."</b>
	<b><u>Then</u> take your child back to Time Out chair and say, "You got off the chair before I said you could, so I'm going to restart the timer."</b>
	<b><u>If</u> your child gets out of the Time Out chair for a 2<sup>nd</sup> time before the timer goes off,</b>
	<b><u>Then</u> take your child back to Time Out chair and say, "You got off the chair before I said you could, so I'm going to restart the timer. If you get off the chair again before the timer goes off, you will not be able to [lose a privilege]."</b>
	<b><u>If</u> your child gets out of the Time Out chair for a 3<sup>rd</sup> time before the timer goes off,</b>
	<b><u>Then</u> say, "You are choosing not to stay in the Time Out chair, so now you may not [TAKE AWAY A PRIVILEGE]."</b>