

Bring it Home!

✓ Decide as a family if Time Out is something you are willing to try.

- Who do you need to talk to?

✓ Prepare your home for the use of Time Out (for example, chair location, timer, post family rules)

- Where will the chair go? _____
- Where will our family rules be posted? _____
- When will your practice time out and review the rules with your child?

✓ Praise your child frequently for good behavior and make sure you play with your child for at least 10 minutes every day.

✓ After trying Time Out at home, how did it feel? How did your child react?

○ What worked well for your family?

○ What did not work well for your family?

○ How could you change the way you gave a Time Out to make it better fit for your family?
