

Parenting Tips
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TIME-OUT FOR PARENTS

If you want your children to take time-out when they're behaving undesirably, use it yourself to demonstrate it's value. Modelling the behaviour you want is an excellent way to teach. For example,

- When you feel your patience is about to run out, take time-out before yelling at or threatening to punish the child.
- You could say something like "I'm feeling angry and need time-out to calm down and think about what to do."
- It could be helpful to have written a list of "things to do when I'm mad" ahead of time.
- Because it can be very hard to come up with ideas when you're already angry, you can refer to your list during your time-out and decide an appropriate course of action.
- You can also use time-out after you've 'lost it'. Say to the child, "I've lost my temper and need time-out to calm down so I can behave in a better way".
- If taking time-out for yourself works well, your children will see the benefits and be more likely to accept time-out for themselves and to use it constructively. However, if you don't find time-out helpful for yourself, rethink its worth for your children. Perhaps another approach would suit them better.

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