

# When your Child Refuses to Do a Time Out...

## Use a Back-Up Room

STEP	PARENT ACTION	EXAMPLE
1	Parent gives explanation	"You didn't do what I told you to do, so you have to sit on the chair."
2	Parent takes child to time out	(Parent stands up immediately and takes child to the time-out chair.)
3	Parent gives direct command to sit on chair	"Stay on the chair until I tell you that you can get off." (Child refuses to stay on the chair)
4	Parent gives explanation and warning	"You got off the chair before I said you could. If you get off the chair again, you will have to go the time out room."
5	Parent takes child back to time out chair	(Takes child back to chair)
6	Parent gives direct command to sit on chair	"Stay on the chair until I say you can get off." (Child refuses to stay on the chair)
7	Parent gives explanation	"You got off the chair before I said you could so you have to go to the time out room."
8	Parent implements time out back up	(Takes child to room)
9	Parent waits for 1 minute plus 5 seconds of quiet	(Child waits quietly for 1 minute + 5 seconds of quiet)
10	Parent gives direct command to sit on chair	(Returns child to chair) "Stay on the chair until I tell you that you can get off."
11	Parent waits for 3 minutes plus 5 seconds of quiet	(Child sits quietly. If child gets off chair again, repeat these steps until he/she stays on chair.)
12	Continue with time out process, step 9 – 11, "Giving an Effective Time Out"	

# Swoop and Go

STEP	PARENT ACTION	EXAMPLE
1	Parent gives explanation	"You didn't do what I told you to do, so you have to sit on the chair."
2	Parent takes child to time out	(Parent stands up immediately and takes child to the time out chair.)
3	Parent gives direct command to sit on chair	"Stay on the chair until I tell you that you can get off." (Child refuses to stay on the chair)
4	Parent gives explanation and warning	"You got off the chair before I said you could. If you get off the chair again, I will take the toys and wait outside."
5	Parent takes child back to time out chair	(Takes child back to chair)
6	Parent gives direct command to sit on chair	"Stay on the chair until I say you can get off." (Child refuses to stay on the chair)
7	Parent gathers toys and gives explanation	(Parent gathers toys) "You got off the chair before I said you could, so I will take the toys and wait outside."
8	Parent implements time out back up	(Parent leaves room).
9	Parent waits for 1 minute plus 5 seconds of quiet	(Child waits quietly for 1 minute + 5 seconds of quiet)
10	Parent enters room and gives direct command to sit on chair	(Parent returns child to chair) "Stay on the chair until I tell you that you can get off."
11	Parent waits for 3 minutes plus 5 seconds of quiet	(Child sits quietly. If child gets off chair again, repeat these steps until he/she stays on chair.)
12	Continue with time out process, step 9 – 11 "Giving an Effective Time Out"	