



Automatic Time Out for Breaking House Rule

House rules are “standing rules” that are used to help control aggressive, destructive, or impulsive negative behaviors at home. Take your child to the time out chair or give a consequence whenever the behavior occurs.

Step	Parent Action	Example
1	Parent explains House Rule to child	“The house rule is to play nicely with toys. If you throw a toy, you have to go to the timeout chair. If you play gently with the toys, you will not have to go to the timeout chair.”
2	Parent labels the positive opposite behavior	“That’s playing gently! You don’t have to go to time out when you use play gently.”
3	If behavior occurs, parent gives explanation	“You threw the Teddy bear so that’s an automatic timeout.”
4	Parent takes child to time out	Parent immediately takes child to the time-out chair.
5	Parent gives direct command to sit on chair	“Sit here quietly until I tell you to get up
6	Parent waits for 3 minutes plus 5 seconds of quiet	(Child sits quietly for 3 minutes and 5 seconds of quiet)
7	Parent ask child if he/she is ready to return and perform a corrective action	“Are you ready to come back and hand the Teddy bear gently to your sister?” (Child says, “yes.”)
8	Parent waits silently for child to comply (may point or signal)	Parent stands near sister, waiting. (Child hands sister the Teddy bear)
9	Parent acknowledges compliance	Thank you.
10	Avoid discussing negative behavior. Attend to child’s positive behavior	“You’re sharing so nicely with your brother! Kids at school will love to play with kids who share!”

