

## MAIN IDEA

- We **TEACH KIDS WHAT IS ACCEPTABLE THROUGH WHAT IS REWARDED, IGNORED AND PUNISHED**
- As **CAREGIVERS, IT IS OUR JOB TO HELP CHILDREN LEARN THE RULES OF OUR SOCIETY** so they can be successful in life
- Although kids do learn quicker through rewards than punishments, there are certain behaviors that are **COMPLETELY UNACCEPTABLE IN SOCIETY, such as HITTING/ PHYSICAL VIOLENCE and INTENTIONALLY DAMAGING PROPERTY**
- We want to **TEACH THESE CRUCIAL RULES** to our kids before society does, because we will be much kinder
- **SETTING THESE LIMITED BEHAVIORS APART THROUGH THE CONSEQUENCE OF PUNISHMENT AND RESTITUTION**, rather than just **REDIRECTION** and **REWARD** **sends a stronger message to the child about its importance and its unacceptability**

## CHOOSING BEHAVIORS FOR TIME OUTS

1. ***IN ORDER TO MAINTAIN ITS POWER, TIME OUTS SHOULD ONLY BE USED FOR A FEW SPECIFIC BEHAVIORS***
  - The behaviors you choose will depend on your family, your institution, your values and your culture
  - A good rule of thumb is **NO MORE THAN 2 TIME OUT WORTHY BEHAVIORS AT ANY GIVEN TIME**
2. ***TARGETING BEHAVIORS THAT ARE ESPECIALLY PROBLEMATIC IN SOCIETY IS A GOOD START***
  - I.e. Fighting, hitting, stealing, swearing (for elementary aged kids)
  - These behaviors often result in suspension or expulsion from school, or even legal difficulties -> It makes sense to prioritize these first so they can learn alternatives and the connection to serious consequences before they encounter these more severe ones
  - ***These behaviors also tend to increase anxiety and acting out in other children*** who are around it because it makes them feel unsafe, making it more likely that they too become a management problem! So ***targeting threatening behaviors early pays off in spades in multi-child homes, schools and daycares!***

## TIME OUT PITFALLS

1. **CONTINUING TO ENGAGE, TALK, NEGOTIATE, or REASON WITH THE CHILD WHILE THEY ARE ON A TIME OUT (T.O.)**
  - This attention can be a reward for a child who feels they are otherwise ignored or can't do anything right anyway
  - It may also send the message that they have power to negotiate the consequence, making the boundaries between who is the responsible grown up fuzzy-
  - This can increase the child's anxiety further and cause escalation
2. **YELLING AT or THREATENING THE CHILD WHILE THEY ARE ON A T.O.**
  - ***Anything that can make a child feel unsafe will increase their anxiety and make making healthy thought out choices harder***
  - ***This is because the flight or flight part of our brain kicks in and we start acting on impulse***
  - It is also poor modeling!
3. **HAVING THE T.O. IN A BUSY PLACE**
  - This makes it harder for them to calm down and can give them an audience to keep them going longer

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