Scenario #1: Child goes to Time Out.
Handling Misbehavior Part 2: Vignettes 5-8

- Child hits
- Command: “You hit. You need to go to
- Child goes to T.O. (on chair for 4-5 minutes)
- Child calm for last 2 minutes
- Parent praises child’s first positive behavior: “That’s so friendly the way you’re sharing.”
- Parent ends T.O. & reengages: “Your T.O. is finished. You can play with your blocks.”
Young Child Resists Going to Time Out

Children Ages 4-6 Years

Scenario #2: Child resists going to Time Out.

Child hits ➔ Command ➔ Child refuses to go to T.O. ➔ Parent gives 1 warning.

“Child hits. You need to go to T.O.”

Parent praises child’s first positive behavior.

“That’s so friendly the way you’re sharing.”

Parent ends T.O. & re-engages child

“Your T.O. is finished. You can play with your blocks.”

Child goes to T.O.

5 minutes, last 2 minutes child is calm

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Child Refuses to Stay in Time Out

Scenario #3
Handling Misbehavior Part 2: Vignettes 2-4

"Go to T.O."

Safe, no attention from anyone
1 minute per year of age up to 5 minutes

Child comes out of T.O. before T.O. is over

Parent gives 1 warning.
"If you can't stay in the T.O. chair (place), you'll go to the T.O. room."

Child stays in T.O.
4-5 minutes, last 2 minutes child is calm

Parent ends T.O. & Re-engages child
"Your T.O. is finished."

Parent praises child's first positive behavior.
"That's so friendly the way you're sharing."

Child comes out of T.O.

Parent takes child to backup room.
"You didn't stay on the chair. You need to go to the room."

Child comes out of T.O.

Child stays in T.O. room.
5 minutes, last 2 minutes child is calm

Parent ends T.O. & Re-engages child
"Your T.O. is finished."

Parent praises child's first positive behavior.
"That's so friendly the way you're sharing."
School Age Child Resists Going to Time

Children Ages 6-10

Scenario #2B: Child initially resists going to Time Out.
*Handling Misbehavior Part 2: Vignettes 14-15*

Child hits → Command
“You hit. You need to go to T.O.”

→ Child refuses to go to T.O.

→ Parent gives warning.
“That is one extra minute in Time out now. That's 6 minutes.” (Add time up to 9 min if child continues to refuse)

→ Parent praises child's first positive behavior.
“That's so friendly the way you're sharing.”

→ Parent ends T.O. & re-engages child
“Your T.O. is finished. Would you like to make cookies?”

→ Child goes to T.O.
5 minutes + extra time earned for delaying, last 2 minutes child is calm
School Age Child Continues to Resist Going to Time Out
Children Ages 6-10

Scenario #2C: Child continues to refuse to go to Time Out.

Child hits ➔ Command
“'You hit. You need to go to

Child refuses to go to T.O. ➔ Parent gives warning.
“That is one extra minute in Time out now.” (Add time up to 9 min if child continues to refuse and give warning)

Parent explains conse-
“That’s 10 minutes now, if you don’t go to Time Out now you will lose TV tonight.”

Parent praises child’s first positive behavior.
“That’s so friendly the way you’re sharing.”

Parent ends T.O. & re-engages
“Your T.O. is finished. Come see what I’ve made for dessert.”

Child goes to T.O.
5 minutes + extra time up to 10 min, last 2 minutes child is calm

Note: if child does not go when consequence is explained, parent follows through with consequence, Time Out

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School Age Child Refuses Time Out
Children Ages 6-10

Scenario #2D: Child continues to refuse to go to Time Out.

Handling Misbehavior Part 2: Vignette 16

Child hits ➔ Command ➔ Child refuses to go to

“Your hit. You need to go to

Parent gives warning.

“That is one extra minute in Time Out now.” (Add time up to 9 min if child continues to refuse and give warning)

Parent explains consequence

“That’s 10 minutes now, if you don’t go to Time Out now you will lose TV tonight.”

Parent ends power struggle

“Your’ve lost your TV privileges.”

(Time Out is

Child refuses to go to T.O.

Parent follows through with consequence & ignores pro-

Note: consequence should be carried out same day.© Incredible Years Curriculum
Time Out for Compliance Training

For oppositional children
Limit Setting Part 3: Vignettes 2-8

Transition Warning

When T.O. is over, repeat command.

1. "Go to T.O."
   - Safe, no attention from anyone
   - 1 minute per year of age up to 5 minutes

2. Command
   - Brief, clear, polite, start-up command
   - 5 seconds

3. Complies
   - Praise
   - If...then...

4. Noncomplies
   - Older Child
     - Add 1 minute at a time, up to 9 minutes.
   - Younger Child
     - "You can walk to T.O. like a big boy (girl), or I'll take you there."

5. If...then...
   - 5 seconds

6. Complies
   - At 9 minutes, take away a privilege.

7. Noncomplies
   - Older Child
   - Younger Child

   - "If you can't stay in the T.O. chair (place), you'll go to the T.O. room."

9. Child refuses to go to T.O.

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