

Provider Tip of the Week

February 23, 2022

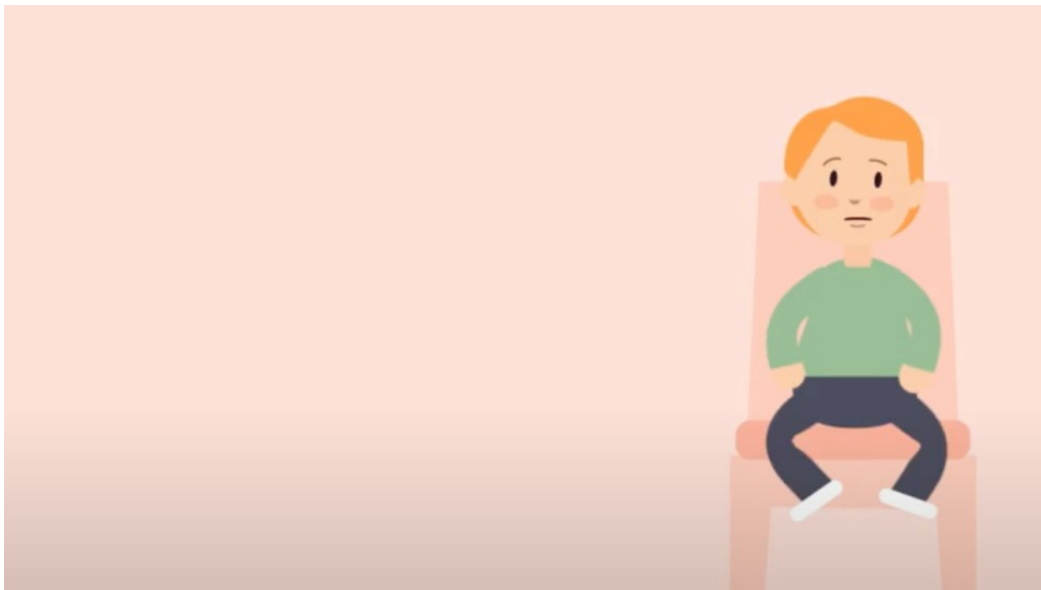
Time-Outs

Time-outs are an often misunderstood and misused technique for discipline.

Here are a few quick ways to explain time-outs to caregivers:

1. It's a pause or body break, not a punishment.
2. It's meant to interrupt physically aggressive behavior only.
3. It's short: 30-60 seconds.
4. Time-outs are not a replacement for caregiver soothing.
5. Learning to pause and calm down takes practice and consistency.

See this video for more information: [Time-Outs](#)



Watch the Video!

Provider Tips powered by the Keystones of Development curriculum, login at parenting.mountsinai.org/providers/ to learn more.