



POSITIVE TIME-OUT

PEOPLE DO BETTER WHEN THEY FEEL BETTER!

A positive time-out helps to come down and to feel much better.

- Create a time-out space with your children. Let THEM decide what their special space would look like, what they need to be in it, and where it would be located.
- Let them give it a name.
- When they are upset ask them if they want to go to their special place. Keep the question real, instead of “I think you need a time-out in your special place“
- Children learn best when they can learn from you. Therefore, model using a special space for you and going to your place when you are upset. If you want to remove yourself from a difficult situation with your child, you can say: „I need to cool off in my place.“

The positive time-out space is never a place the child is being sent to!