

BRIEF INTERVENTIONS: TIME OUT VIDEOS

BI-PED PROJECT (BRIEF INTERVENTIONS: PEDIATRICS)
**Emotional Health Committee Maryland Chapter American Academy of
Pediatrics**

TIME OUT TECHNIQUE: VIDEOS FROM YOU TUBE:

THE SUPERNANNY SHOW

“THE NAUGHTY CHAIR”

These videos are 3 minutes long and can be used to demonstrate the time out technique to families.

The following teaching points can then be reviewed with parents during an office visit:

- ◆ Give one warning before placing the child in time out (e.g. You are going into time out if you...)”)**
- ◆ When administering a child out, use an authoritative voice to inform the child that they are going into time out**
- ◆ When the child is seated in the naughty chair, go down to the child’s level and look them in the eye and tell them briefly why they are in time out**
- ◆ The child remains in time out for one minute per year of age**
- ◆ Time out starts over if the child leaves the chair before their allotted time and the child is returned to the chair**
- ◆ Parent should remain calm and refrain from yelling or talking**
- ◆ When time out is completed, the child is asked to apologize or remain in the chair until they do apologize**

SAMPLE VIDEOS:

Jeans Family: <http://www.youtube.com/watch?v=4XN887SvNB0>

Webb Family: <http://www.youtube.com/watch?v=K2NWI-nWQwE>

