



Time Out

If you have tried absolutely everything, to no effect, introduce the 'time out' technique. Here we have used an example of throwing toys.

- Tell your toddler to stop throwing their toys across the room. If they comply, praise them and leave it at that.
- If they go straight back to throwing their toys across the room, tell them you will count to five and if they are still doing it they will have to sit in the time out area.
- Tell your toddler that they are in the time out area because they have done what you have asked them not to do.
- If they comply, praise. If they do not, take them to the time out area and make them stay for at least 30 seconds and up to 2 minutes.
- Tell your toddler they can leave the 'time out area' if they do not throw their toys again. If they agree, praise and give them a cuddle. If they do not repeat the 'time out'.
- If they want to stay in the 'time out' area for any length of time, its not working. Your toddler may be using it to get your attention.



Good Parenting

What helps?

Be Consistent

If you don't stick to the rules your child will learn that if they ignore them, you will probably give in.

Give lots of praise

Let your children know when they have done something well and when you are pleased with them. For example, give them a hug, give them a kiss and tell them how great they are. You need to do this straight away.

Planning ahead

It helps if you and your child know the rules for particular situations before they happen. Don't make them up as you go along (e.g. If bedtime is 7:00pm, make sure you both stick to it).

Involve your child

Sit down with your child and talk to them about good behaviour. You might be surprised about how much you both agree on.

Be calm

This can be difficult in the heat of the moment, but it does help. Be calm and clear with your commands, for example, 'please switch off the TV' or 'it's bedtime'

Be clear with your child

For example 'please put your toys away' tells your children exactly what you expect them to do. Simply telling them to 'be good' does not. If your child can't understand you, they can't obey you. Keep it short and simple.