

GUIDELINES:

When using Take-Out-Time-Out and the "time-out" method:

Explain to your child how "time-out" works.

Discuss acceptable and unacceptable behavior with your child.

Use Take-Out-Time-Out immediately following unacceptable behavior.

Remain calm, cool and collected.

Child should be given "Time-Out" equal in minutes to their age. (Ex 3 minutes for a 3 year old.)

Afterwards, Ask child what he/she did wrong. Discuss acceptable behavior that should have been used. Make sure to give a hug, high five, or some sort of positive reinforcement to ensure a positive learning experience.

REMEMBER:

Praise a child for good behavior with The Star Stash in conjunction with Take-Out-Time-Out.

Also, works well with the Portable Parenting mobile App which additionally provides a timer and tracking.

HAPPY PARENTING!