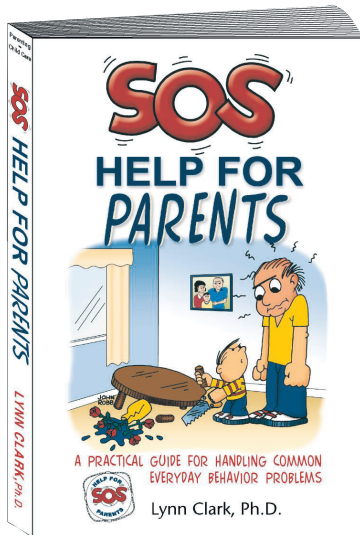


# **GUIDE** to accompany **How To Use Time-Out Effectively CD** **SOS Audio Program**



Audio CD and Guide by Lynn Clark, Ph. D.



Over 20 methods for helping your child, in addition to time-out, are described in *SOS Help For Parents* book.

## **CD Audio Program Content** (67 minutes)

1. Introduction
2. Basic Child Rearing Rules
3. Basic Steps For *Initially* Using Time-Out
4. Time-Out With Todd, Age Two
5. Interview With Todd, Age Nine
6. Nine Time-Out *Mistakes* Parents Make
7. Interview With Lisa, Age Eleven
8. Common Time-Out Questions Parents Ask
9. Time-Out For Two And Time-Out For Toys
10. Concluding Comments by Dr. Clark

**How To Use Time-Out Effectively CD** is suitable for both individual listening and group discussion. It is intended for parents, child care workers, elementary teachers, parent educators, and mental health professionals offering parenting workshops.

This audio CD program teaches practical time-out skills. Time-out is demonstrated with a two year-old child. Todd and Lisa describe their feelings and reactions regarding time-out. Lisa tells how she attempts to rebel against time-out and how her parents cope with her rebellious behavior.



Artist's conception of Todd in time-out  
Demonstration of Time-Out  
With Todd, Age Two.



Interview with Todd,  
Age Nine.



Interview with Lisa,  
Age Eleven

Are you afraid to use time-out because you think that it might be emotionally damaging to your child? Listen to the interviews with Todd & Lisa. They tell how they feel about time-out. Their reactions to time-out will reduce your concerns.

*Learn about time-out from your child's point of view.* Also, learn how you can avoid the most common time-out mistakes that other parents make.

Download this free resource from "Resources For Counselors & Educators" at <[www.sosprograms.com](http://www.sosprograms.com)>.

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Audio CD Time-Out Guide 0209.PMD

# How To Use Time-Out Effectively CD - 2 -

## SOS Audio Program



Lynn Clark, Ph. D.

This audio program is intended for both individual listening and group discussion. When used in parenting and behavior management workshops and counseling, it is important to encourage group discussion after each section of the CD. A timer will ring at the end of each section.

I am often asked if this audio CD program is a condensation of my book, *SOS Help For Parents: A Practical Guide For Handling Common Behavior Problems*. The answer is no.

This audio CD program teaches - time-out and variations of time-out. *SOS Help For Parents* book teaches more than 20 methods for helping to improve your child's behavior and emotional adjustment. The audio program and SOS book are not the same, but they do complement one another.

Time-out is a "behavior stopper." It does not start up good behavior. Time-out stops bad behavior so that good behavior can replace it. The best way to start up your child's good behavior is to "catch your child being good" and to reward that good behavior. The most effective rewards are social rewards, especially your attention and praise. Other rewards are activity (privilege) rewards and material rewards. Do use time-out sparingly.

How does the *DVD Video SOS Help For Parents*, "fit" with the SOS Audio CD program and SOS Book? The *SOS DVD Video* is a video-discussion program which requires a leader and which takes five to six sessions to complete. The *SOS DVD Video* is based on the SOS book.

If you are a counselor or educator and use the *SOS DVD Video Program* to help parents, I recommend that you teach this program before teaching the *SOS Audio CD Program* on time-out. Allow about two sessions to complete the time-out *SOS Audio Program*.

This 67 minute time-out audio program introduces "Basic Child Rearing Rules" and teaches the "Basic Steps For Initially Using Time-Out" – using time-out

for the first time. This program teaches you how to avoid the nine most common mistakes that parents often make with time-out. If you make more than two or three of these time-out mistakes with your child, *time-out is not expected to work*. You also will learn how to successfully manage your child's behavior if he or she rebels against time-out.

I demonstrate time-out with Todd, my son, who was two at the time. Todd at age nine and Lisa at age eleven, are interviewed regarding their feelings about time-out. Many parents won't use time-out because they fear that time-out might be emotionally damaging to their child. If you are one of these apprehensive parents, you will feel reassured after listening to Todd and Lisa.



*A portable timer is essential for effective time-out! If you are teaching the SOS CD Audio Program, bring a portable timer to your parenting workshop to emphasize its value. Be a good model for your parents!*

This audio CD program is suitable for both individual and group listening. If you are a counselor presenting parenting workshops, listen to sections of the program with your participants and occasionally pause the CD in order to discuss it. Some counselors meeting one-on-one with their clients ask them to listen to the CD alone and later discuss it with them.

You might want to present this entire CD program to a parent education class or just sections of it. A timer in the CD audio program will ring suggesting that you pause the program so that participants can discuss that section.

View time-out video clips at  
<http://www.sosprograms.com>

Before playing this program, distribute and discuss the study sheet entitled, "SOS Time-Out." This handout teaches: (1) Basic Steps for *Initially* Using Time-Out, (2) How To Give Effective Instructions And Commands When Sending The Older Child To Time-Out, (3) *Common Time-Out Mistakes Parents Make*, and (4) How To Handle Children Who *Rebel* Against Time-Out.

Use parent study sheets with this audio program. Download them at [www.sosprograms.com](http://www.sosprograms.com) They are *SOS Time-Out Guidelines* and *SOS Child Management Guidelines*.

## Sections/Tracks Of CD Audio Program

(67 Minutes)

### 1. Introduction (4 minutes long).

The narrator introduces the CD audio program.

### 2. Basic Child Rearing Rules (4 minutes long).

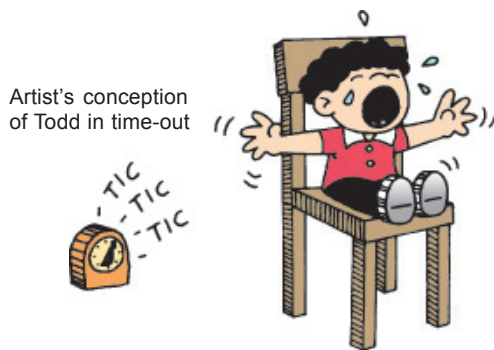
- Reward good behavior (and do it quickly and often).
- Don't "accidentally" reward bad behavior.
- Correct (punish) some bad behavior (but use mild correction only).

Read Chapter 1 "Why Kids Behave And Misbehave" in the book *SOS Help For Parents*.

### 3. Basic Steps For Initially Using Time-Out (17 minutes long).

### 4. Demonstration Of Time-Out With My Son Todd, Age Two (8 minutes long).

While in time-out, Todd's only words are, "I want my mommie! ... I not, don't want to go time-out!" Todd spends three and one-half minutes in time-out. Listening to Todd in time-out will definitely elicit an emotional response and questions from your participants.



### 5. Interview With Todd At Age Nine (8 minutes long).

Todd is interviewed seven years later, at age nine regarding his feelings about time-out.



Todd, Age Nine

The following begins on Track Six of the CD.

### 6. Nine Common Time-Out Mistakes Parents Make (12 minutes long).

Examples of the most common mistakes that parents make when using time-out are role-played and discussed.

See the section "Common Time-Out Mistakes Parents Make" on the study sheet, *SOS Time-Out*.

Read Chapter 12 "Common Time-Out Mistakes And Problems" in the book, *SOS Help For Parents*. This chapter also will show you how to manage your child's behavior if she rebels against time-out."

*Parents who are unaware of their time-out mistakes will repeat them!*

### 7. Interview With Lisa At Age Eleven (10 minutes long).

Lisa, age 11, is interviewed by Lynn Clark. Listen to Lisa describe how she attempts to persuade her parents not to use time-out and how she rebels against time-out. She also tells if she will use time-out someday when she becomes a parent.



Lisa, Age Eleven

### 8. Common Time-Out Questions Parents Ask (2 minutes long).

Questions parents commonly ask about time-out are presented by the narrator and discussed by Lynn Clark.

### 9. Time-Out For Toys And Time-Out For Two (2 minutes long).

Dr. Clark discusses two variations of time-out, timing-out toys and timing-out two children.

Read Chapter 15 "Timing-Out Two Children" in the book, *SOS Help For Parents*.

Read Chapter 16 "Timing-Out A Toy Instead Of The Child" in *SOS Help For Parents*.

### 10. Concluding Comments (2 minutes long).

The narrator and Lynn Clark offer concluding comments.



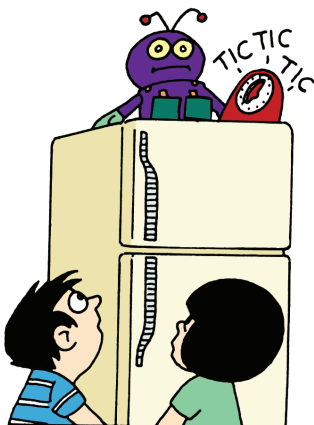
*A portable timer is essential for effective time-out!*

To print this Audio Time-Out Guide in color go to [www.sosprograms.com](http://www.sosprograms.com) and then to *Resources For Counselors & Educators*.



TIMING-OUT A TOY — OFTEN AN EFFECTIVE  
SOLUTION TO BEHAVIOR PROBLEMS

- 4 -



*"We better share next time. If we don't share, nobody will get to play with it again. Dad will put our toy back in time-out. . ."*

Timing-out toys is described in Chapter 16 of *SOS Help For Parents* book.

"Timing-Out A Toy *Instead Of The Child*" (SOS Chapter 16) is a gentle but excellent technique for reducing problem behavior when a toy is involved in the misbehavior. Use the outline of Chapter 16 to organize your discussion.

There are two situations when you might choose to time-out a toy rather than a child — (1) Your child misbehaves while playing with a toy (such as damaging furniture with a toy); (2) Two children argue and fuss over a toy rather than sharing it.

See an interesting demonstration of *timing-out a toy* in a free video clip at [www.sosprograms.com](http://www.sosprograms.com). The video clip is called "Time-Out Effective Use." The "toy" in this example is a TV set. The children are arguing over which TV program to watch.



Be a good model for your participants and bring a portable timer when teaching this CD!



Teach child management skills in the home or in your office with the *SOS DVD Video*. Use a portable DVD Player or a laptop computer. The last section of the *SOS DVD Video* program includes a special section on time-out. The DVD is available in both Spanish and English.



*DVD Parent Training is portable!*

Download additional professional and client resources at the link "Resources For Counselors & Educators" at [www.sosprograms.com](http://www.sosprograms.com). These downloads will make your work easier, more enjoyable, and more effective.

View time-out video clips at  
[www.sosprograms.com](http://www.sosprograms.com)



*Escaping from time-out!*

Time-out mistakes encourage children to rebel against time-out. The SOS Audio CD teaches you how to avoid making nine common time-out mistakes. SOS Chapter 12 teaches you how to effectively handle behavior rebellious to time-out.

If you are a mental health professional or educator, request a Free SOS DVD Video Sampler (8 minutes) by calling 1-800-576-1582.

Carole Clark, Neva Gielow, Patrice Nolan, & Kenneth Graham helped in the development of this Audio Program. Todd and Lisa's contributions to the Audio Program have been enjoyed and appreciated by many parents.