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Parenting Special Needs

Top 10 Time-Out Spots

Guide Picks



From [Terri Mauro](#),
Your Guide to [Parenting Special Needs](#).
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Time-outs can be short or long, designed as punishment or just a distracting break in the action, but one thing they have to be is no darn fun. Sending a child to his room is, in these days when kids' rooms have more electronic devices than a penny arcade, not often the best option. Try one of these not-so-hot spots next time your child needs a few moments apart.

1) The Time-Out Chair

Place a chair in a particularly boring corner of the room and make that the time-out spot. You may be able to find a kiddie chair that says "Time-Out Chair," or make one yourself with an unfinished chair and paint. If you have to put an older child or teen in that teeny-tiny kiddie chair, so much the better.

2) The Corner

Standing in the corner, facing in, is a fine alternative to sitting in the corner. Hard to find a more boring place than this.

3) The Floor

Make a small child drop right where he or she is and take a time-out immediately. Or, to make things a little more formal, have a special rug or pillow for time-out use. You can even [get a rug that says "Time-Out Spot."](#)

4) With a Sibling

If sibling squabbling is the transgression being timed-out, your instinct might be to send them to separate corners -- but making them endure time-out side-by-side might be a more fitting punishment.

5) By Your Side

Instead of "time out," try "time in" -- enforced time with parent, preferably doing chores or other dirty work.

6) In Your Arms

A hard hug can serve as a quick time-out spot, and is particularly useful when you're away from home. Hang on tight and count to 20.

7) The Nearest Quiet Spot

Another option for when you're out is to find a bench, a curb, or a quiet aisle to steer your child to for a quick time-out. No fun, no conversation, and no action until time is served.

8) In Your Lap

In a variation on the hug, you can put a small child in your lap, facing either toward you or away, and put your arms around his or her arms while counting time-out.

9) In Your Eyes

For kids who hate eye contact, 10 seconds or so of forced eyeball-to-eyeball time can be more effective than hours in a time-out chair.

10) No-Toy Land

Instead of giving the child a time-out, give a time-out to the electrical devices he or she craves. Items that can easily pop into time-out include TV remotes, video game controls, computer mice, cell phones, boom boxes, iPods, GameBoys, and favorite CDs or DVDs.

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