

## Take Some "Time Out" For Mommy! (SOP Bonus Entry #3)

May 4, 2009 by [Nicole Ibarondo](#)

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"Created by teacher turned mom, Heather Sievers, Time Out Spots are the solution to unsuccessful time outs. Heather was inspired by her three year old son. She started his time outs on a little wooden stool, which immediately became a problem. The stool would get flipped over and scooted around. It even started to damage the wood floors. The last straw was when he picked it up, held it to his bottom, and walked around saying, "I'm still in time out, my bootie is on the stool." Time Out had turned into a game. So, it hit her. The family needed a new time out spot! Deciding that a rug would be great for this, Heather designed the Time Out Spot and went on a mission to have it manufactured." [TimeOutSpots.com](#)

[Time Out Spots rugs](#) are recommended as a discipline technique for children as young as 18 months old. As with any learning process, consistency is key. When used correctly, Time Out Spots rugs have proven to be an effective and safe way to enforce good behavior. Time Out Spots has even been featured on ABC's hit show, Extreme Makeover: Home Edition along with a number of other parenting resources such as Creative Child and Parents Connect.

Following the success of Heather's "Time Out" rugs, she decided to venture out with different products including [onesies](#), [children's bracelets](#) and apparel for the whole family. Each item expresses the fact that sometimes we all do in fact need a "Time Out". Our favorite is the "[Mommy Needs a Time Out](#)" t-shirt, which is available in pink, brown, eggplant, green and for a limited time, black with rhinestones. As we all know, moms definitely deserve their own time out every now and then!

**Mommy Needs a Time Out T's are available online for only \$20 each - [Buy now!](#)**

