

PROBLEM WITH TIME OUTS

MATURATION

- Requires the ability to reflect on what one did wrong – well-functioning prefrontal cortex

VULNERABILITY

- Requires the ability to feel sad
- Increases Separation Alarm
- Can lead to disengagement – “I don’t care”

ATTACHMENT

- Makes the student feels the relationship is contingent on “good” behaviour
- Creates feelings of insecurity, “What if I can’t be good enough?”

ALTERNATIVE: TIME AWAY

- Send the student to SOMEONE else
 - Behaviour technician, guidance counsellor, childcare worker... anyone who is a SAFE ATTACHMENT figure
 - FOSTER CLASSROOM
 - ❖ Someone else who can take the student for a time
- Provide a LOCALE for the student who needs some time away
 - NURTURING SUPPORT CENTRE
- Re-establish the RELATIONSHIP as soon as possible
 - Let the student know that the relationship is still intact

Instead of Time Out