

A Comparison of parenting approaches to misbehavior		
<u>Usual practices</u>	versus	<u>Time-out</u>
When the child misbehaves, parents repeatedly fuss at the child, then finally react angrily.		When the child misbehaves, parents tell the child to stop, then act if necessary while they are still calm.
Parent's message to child: <i>"You are bad!"</i>		Parent's message: <i>"Your behavior is inappropriate."</i>
Implicit message: <i>"I'm really angry at you!"</i>		Explicit message: <i>"I'm going to help you."</i>
Implicit message: <i>"You are a brat and I don't want to be around you!"</i>		Implicit message: <i>"I know that you are capable of regaining control."</i>
Angry instruction: <i>"Get yourself into your room . . ."</i>		Calm instruction: <i>"Go sit in the quiet place . . ."</i>
Continuing: <i>". . . until I tell you to come out."</i> (or for some indeterminate but lengthy amount of time).		Continuing: <i>"...then check with me so I can know you are calm, too" (" . . . and can reinforce your better control.")</i> .
Result: Often grouchiness and nagging, lowered self-esteem for both parent and child, therefore a continuation of poor parent-child relationship, a set-up for likely replay of the pattern next time.		Result: Resolved problem, increased sense of competence and control for both parent and child, reaffirmed parent-child relationship, increased likelihood of cooperation in the future.
Comparing elements of typical and time-out responses to misbehavior		