

Using Quiet time

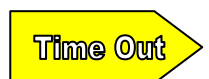
Quiet time works well for children aged 2 to 10. Use if child won't follow an instruction and other logical consequences have not worked or are not appropriate.

- Sit the child quietly on the edge of the activity for a short time usually this is in the same room as you.
- Use 1 minute for 2 year olds, 2 minutes for 3-5 year olds and up to 5 minutes for 5-10 year olds.
- The child can come out of quiet time when they have been quiet for the agreed time.



Steps:

- Calmly and firmly tell child what they have done wrong - *"Molly, you are still pushing your sister, now go to quiet time."*
- If necessary, take the child there.
- Ignore complaining and don't argue with child.
- Remind child how long they must be quiet for before they can come out.
- Give the child no attention when they are in quiet time.
- If child does not sit quietly, take them to time out.
- When quiet time is over, don't talk about it. Help child find something to do, or repeat instruction if child had been asked to do something.
- Find an opportunity to PRAISE your child for good behaviour as soon as possible.



WELL DONE!



Important! Explain what happens in quiet time to your child before you start to use it, and get them to say it back to you, so that they know what to do. You can even practice it so you are sure they understand how it works.