

TIME OUT LOG - WEEKLY

Child _____ Age _____ Month _____ Year 20
 Foster Parent _____ Time-Out Limit _____ minutes

Date	Length of Time Out					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					

Date	Length of Time Out					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					
	A.M.					
	P.M.					
	Evng					
	Night					

GUIDELINES:

WHAT: Time outs are used to facilitate the child to re-direct his/her behaviour and allow the child to calm self down and to reflect on their actions.

WHY: A time-out is used in cases of tantrums, acts of aggression against others in the home, disobedience, verbal aggressiveness, etc.

HOW LONG: Duration of the time-out is linked to the age of the child. For children under the age of 12, the number of minutes of the time-out will correspond to the age of the child (i.e. a six year old is timed out for 6 minutes). For children 12 years and older, the maximum time-out permitted is 20 minutes. If time out exceeds 20 minutes, it becomes UNLOCKED CONFINEMENT

DOCUMENTATION: Time-outs are recorded on the Time Out Log to determine the effectiveness of the technique. Time Out Logs are submitted with monthly reports