



The Parent Page

Summer 2013



Time-In, Not Time-Out

Tired of holding the bedroom door closed to make your child stay in time-out? Frustrated because your child isn't using his time-out to calm down and think about restitution? Perhaps it's time to re-think the use of time-out.

Some parents use a time-out for punishment, and a power struggle is often the result. Other parents use time-out as a "calm-down" period for the child to regain emotional control. In both cases, the child is usually forcibly isolated in a boring place away from parents. Children do often need to be removed from a situation that has got out of hand, for example when siblings start to hit each other. But they also need help to calm down. Instead of being a punishment, time-out can be a calming strategy for an upset child. Many parents call this a time-in.

The trouble with time-out

Here are five of the many concerns with time-out as it is usually practiced:

- Children in time-out often don't really know why they are there. Most adults hope the child is thinking about what they did and how to make amends. However, younger children may simply be confused and overwhelmed by their strong emotions. Very often older children are thinking how unfair the situation is and how they'll get revenge.
- Time-outs often lead to power struggles. Anger escalates if the child won't stay in the designated place and parents have to repeatedly force her back in.
- As children get bigger and acquire more "attitude," parents can no longer force them to go to or stay in time-out. Children with a spirited temperament strongly oppose time-outs.
- Giving children a time-out models power, not peace. They learn that when someone is bothering them, it's better to make that person go away, rather than learning the more realistic

Burnaby/New Westminster 604.294.1109

E: bnwccrr@vanymca.org

Tri-Cities 604.931.3400

E: tricrr@vanymca.org

www.vanymca.org



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strategy of removing themselves when things get intolerable.

- Time-outs only deal with the behaviour, which is often a symptom of underlying needs or feelings. Many children get sent repeatedly to time-out because their underlying feelings have not been recognized and addressed. The real problem has not been solved.

Adults take time-out

You may already take restorative time-outs yourself when you are angry and frustrated. Maybe you go for a walk or blow off steam playing sports. Perhaps you prefer to listen to soothing music in your room. You can teach this useful skill to your children, but they need to think of time-out as a great idea, not a dreaded punishment. You can help calm your children and focus them on the emotions, actions and restitution, while building your parent-child relationship in the process. Here are some hints for trying child-directed time-in.



Child-directed time-in

WHEN: When a child can't stop misbehaving, suggest she take a time-in, removing herself from the situation either physically or emotionally. The child decides when she's calm enough to return to the situation.

WHY: This strategy is not a punishment. It is designed to teach your children appropriate ways to calm down when they have strong feelings that they're expressing in unacceptable ways. Once calm, they can start thinking clearly about the situation and find a better way to behave.

WHERE and WHAT: The child chooses the location (bedroom, a hallway, etc.) and the calming activity (going for a walk, patting the dog, shooting hoops, etc.).

WHO: An extraverted child may need someone to talk to, whereas an introverted child may need to be alone.

HOW: The time to talk about how time-in will work is when you are both in a good mood, not in the heat of conflict. Observe how your child usually calms himself, remind him what works and ask for his input. Does he want company or solitude? Does he want to listen to music, watch an aquarium or skip rope? Everyone benefits from taking some slow, deep breaths. If your child needs you to hold or rock him, don't think of this as reinforcing misbehavior. In fact, your calming touch can help him regain enough control to move his brain from emotional overload back to logical thinking and learning.

How could you use *parent* time-out to help you control your own strong emotions and stay calm? Plan on how you'll step back from a power struggle. Stepping back doesn't mean the child "wins." It means you are mature enough to take a self-imposed time-out and calm down. In the end, isn't that what you want to teach your children?

RESULTS: When both of you are calm, then you can return to the trigger situation. Now your child can hear you when you demonstrate problem solving. For example, after time-in has brought down the level of distress, you can teach siblings different ways to handle their fights, other than hitting. And you can welcome the stronger connection in your relationship.

*This information is adapted from the original written by Judy Arnall, a professional international award-winning parenting speaker, and trainer, mom of five children, and author of the best-selling, **Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery.** She specializes in "Parenting the Digital Generation."*

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BC Housing

Rental Assistance Program

The Rental Assistance Program provides eligible low-income, working families with cash assistance to help with their monthly rent payment.

To qualify, families must have a gross household income of \$35,000 or less, have at least one dependent child, and have been employed at some point over the last year.

To apply visit www.bchousing.org



Food Safety Course

Take this free on-line food safety course and learn how to prevent food poisoning that occurs when food is not prepared, stored or handled properly.

Visit www.health.gov.bc.ca/protect/food-safety-module/files/home.htm to learn more.

BC Council for Families

Nobody's Perfect

This is an education and support program for parents with children under the age of 6 years who haven't had a chance to explore parenting ideas in a group setting. The group's learning topics are based on the participants' needs.

New Westminster Family Place
101-93 Sixth Street, New Westminster

Call 604.520.3666 for the next session beginning in September.

Burnaby Family Life
6140 Mckercher Avenue, Burnaby
Call 604.659.2205 for the next group session.

Family Learn & Play Event

Wednesdays from 5:30–7:30 pm
Coquitlam Centre Mall (Lower Level—in front of The Bay)
June 26– Get Growing
July 31–Books, Books and More Books
August 28–Under the Sea!

Imagine, play & learn through math, stories, song, arts and more! For children 3 to 10 years. Parent supervision is required.

www.coquitlamcentre.com

Fraser Health Authority

Best Beginnings Perinatal Services

Through the Best Beginnings Program public health nurses provide universal prevention and health promotion services to all pregnant women as well as enhanced or additional services for more vulnerable women and families.

Prenatal registration for Best Beginnings provides an opportunity for public health nurses to identify vulnerable families who may benefit from nurse home visiting services. These home visiting programs are offered to families from early pregnancy until the child is two years of age.

Register on-line at the Best Beginnings website
bestbeginnings.fraserhealth.ca

Baby's First Two Years

Baby's First Two Years is a free drop-in program for expectant parents as well as parents, grandparents and/or guardians and their babies newborn to 24 months. Learn from guest speakers and enjoy support, conversation and validation in a comfortable and relaxed environment.

The group meets on Fridays, from 1:00–2:30 pm
Heritage Room at Place Maillardville Community Centre
1200 Cartier Ave., Coquitlam

Guest Speakers

June 14: Erin Parr, Mewsic Moves
Musical Therapy

June 21: Ashley & Deborah, Children's Programmers,
Poirier Public Library Topic: Books and Babies

For additional information, call 604.933.6166 or visit
www.placemaillardville.ca

Port Coquitlam Celebrates Canada Day

Monday, July 1, 2013

Lions Park: Lions Club Pancake Breakfast 8:00 am–11:30 am

Castle Park: Opening Ceremonies & Cake Cutting 12:00 pm

12:30–5:30 pm: Children can enjoy a special concert by children's entertainer Will Stroet. The afternoon activities include face painting, creation station, bouncy castles and a climbing wall all for free!

6:00–10:00 pm: Musical entertainment performed by Young Pacific followed by local musicians Night Shift.

Dusk: Grande Finale Fireworks

For complete details visit www.portcoquitlam.ca

Family Fun!

Teddy Bear Family Concert

Saturday, June 8, 2013
2:30—6:00 pm
Town Centre Park
1301 Pinetree Way, Coquitlam

Family fun for the whole family! Enjoy an evening of music for children of all ages. FREE

Coquitlam Grande Parade & Teddy Bear Picnic

Sunday, June 9, 2013
Parade: 10:00—11:00 am
Teddy Bear Picnic 11:00-4:00 pm

Bring your teddy bears to watch as the parade marches up Pinetree Way from the Coquitlam Centre to the Teddy Bear Picnic at Town Centre Park.

Admission: FREE for the Parade, \$3 for the Picnic. Children 3 and under are free.

www.festivalcoquitlam.ca

Port Moody Centennial Parade

Saturday, June 22, 2013
Begins at 11:00 am
The parade begins at Port Moody's Civic Centre and follows Murray Street to Rocky Point Park

Help Celebrate Port Moody's 100th birthday with a parade that recognizes the past, present and future.

www.portmoody.ca/parade

Golden Spike Days Festival

June 29, 30 and July 1, 2013
Rocky Point Park
Port Moody

The festival promises a fun-filled weekend for the entire family with great entertainment, special events and activities for the whole family.

www.goldenspikedays.bc.ca

Creatures of the Not so Deep

Sunday, July 21, 2013
10:30 am-2:30 pm
Belcarra Regional Park
(Follow Ioco Road to Belcarra Bay Beach picnic area and look for tents.)

Catch, observe and release animals you collect in a seine net. See creatures from a crab trap. Allow an hour or more and expect to get muddy. Free drop-in for all ages!

www.metrovancouver.org

Team Yellow Playground Leaders

Queen's Park: May 18-Sept 2, 10:00 am-4:00 pm
Moody Park: June 29-Sept 2, 11:30 am-3:30 pm
Hume Park: June 28-Sept 2, 11:30-3:30 pm
Ryall Park: June 28-Sept 2, 12:00-3:00 pm
Grimston Park: June 28-Sept 2, 12:00-4:00 pm

'Team Yellow' Playground Leaders, offer children a fun-filled summer of games, crafts and activities. They are located by the spray park or wading pool on good weather days. If the weather is questionable call the New Westminster Parks Info Hotline at 604.527.4634. Free Drop-in for children 3-12 years.

Fall Fair

Monday, September 2, 2013
11:00-4:30 pm
Burnaby Village Museum & Carousel
6501 Deer Lake Avenue

Fun for the Whole Family! Old-fashioned fun complete with games of chance, entertainment, and crafts! Join on the races, try the corn shucking, or bite your way through the watermelon-eating contest!

Free gate admission.
 For more information please call 604.297.4565