



## 華人警訊服務中心 Chinese Community Policing Centre



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### How to Use a Time-in

A time-in is a superior alternative to punishment. During a time-in, you and the child go to a quiet place (akin to where you might send them for a time-out) and calmly evaluate their behaviour and the situation while trying to understand the reason for why the child was misbehaving (e.g. they might feel hungry, tired, frustrated, etc.). This process can be tricky, as the child may at first be angry and reluctant to interact with you. If this rejection occurs, leave the child be, but do not stray too far.

Tell them that you are available whenever they are ready to talk, but until then they must stay in that quiet space. When they indicate that they are willing to talk, take advantage of the opportunity to calmly and empathetically explain what they did wrong, the reasoning for why it was wrong, and how to best act instead.

### Some Benefits of a Time-in

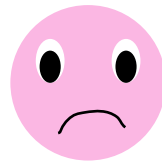
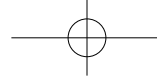
Through thoughtful discussion and support during a time-in, you can strengthen your relationship with the child while teaching them how to behave more sociably. Children thrive in positive learning environments wherein their parents/guardians are cognizant of their emotions and display interest and understanding of their behaviours.



# Time-in

The Scientifically Superior Alternative to the Time-out

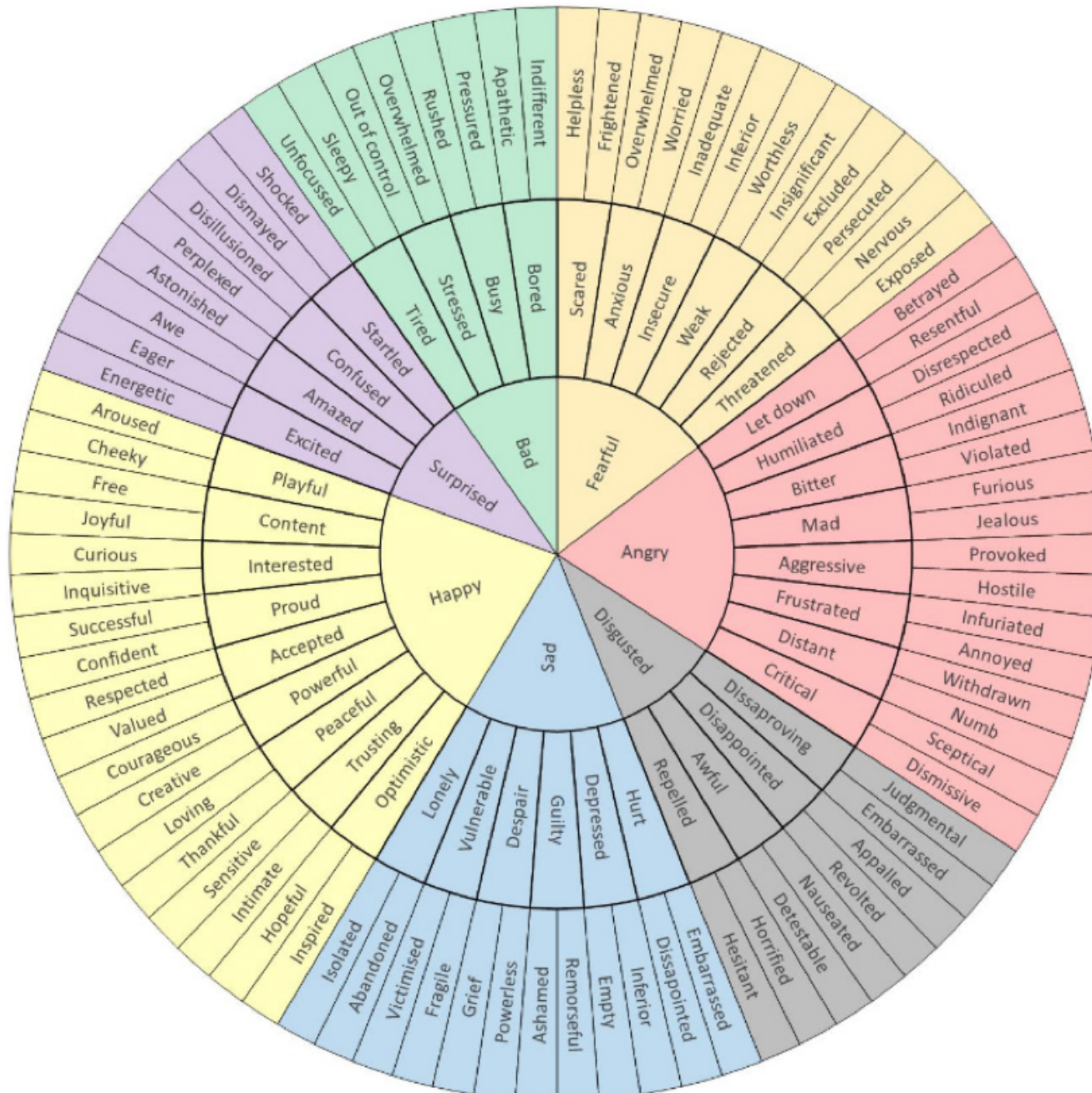




## Wheel of Feelings

Sometimes it can be hard for a child to pinpoint which emotion they are experiencing...

Using the Kaitlin Robbs Wheel of Feelings, you can work from the inside out to help understand your child's, or even your own emotions!



## Harmfulness of Punishment

There is a large body of current scientific research to suggest that the use of punishment - including time-outs - is counterintuitive. This is because punishment damages the relationship between parent and child, and does not encourage the child to behave better in the future. Additionally, it has been scientifically found that using punishment increases the likelihood of a child growing up to develop anxiety, become aggressive with peers, and even develop depression.