



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

NO. 01 ISSUE 1
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EFFECTIVE: 05-29-10
Updated

SUBJECT:
TIME OUT USAGE

APPROVED: 10-21-10


BY: Ron Griffin, Director

PURPOSE

The purpose of this policy is to ensure proper guidance techniques or positive adult-child interactions.

POLICY

The Preschool Services Department does not approve of "Time Out," or any other form of child isolation in response to a child's inappropriate behaviors.

REFERENCE

Head Start Performance Standards 1304.219a)(3)(i)(c), 1304.21(a)(3)(i)(D), 1304.24(a)(1)(iii), 1304.24(a)(1)(iv), 1304.52(h)(1)

PROCEDURE

Sending a child to the "time out area" or the "quiet down chair" delivers the same message as the old method of putting a dunce cap on the child in the corner: everyone in the room, including the child himself, is reminded that he is bad. The focus is placed on the "bad child" rather than on the "bad or inappropriate behavior." This practice does not support the Head Start/State Preschool's goals to increase each child's sense of worth. If a child accepts that he is "bad," he will not be capable of learning new, more appropriate behaviors and problem-solving skills.

The Preschool Services Department does NOT approve of excluding a child from outside play, restricting him from favorite toys, isolating him from the other children at mealtimes, denying a child certain foods (except for Health Plan), verbally belittling or demeaning a child, or any similar form of punishment.

It is important to recognize that the National Association for the Education of Young Children (NAEYC), the Federal Head Start Performance Standards, and the High/Scope foundation all disapprove of the use of "Time Out."