

HANDOUT 4A

The Benefits of Taking a Break

- Effective, because it immediately stops emotional outbursts or disruptive behavior
- Easy to use because it requires no tools
- Nonabusive to the child
- Does not punish the parent
- Safe, because it provides a cooling-off period for parent and child
- Gives children an opportunity to change their behavior without prolonged punishment
- Gives children a fresh chance for emotion regulation and positive behaviors
- Can be modified to fit a family's needs
- Teaches children self-control
- Reduces the tendency to use yelling and/or physical punishment
- Results in fewer power struggles