

Timeout

We promoted positive behaviour and use distraction and reward systems.

Timeout is to used as a **last** resort if a child continually fails to adhere to setting behaviour expectations and boundaries. Steps should be taken first to prevent unwanted behaviour, such as removing the child from a situation where an incident could occur or distracting them when there is unwanted behaviour, such as setting up an activity or taking them to a quiet area to read a book. Shouting at the children or speaking to them in a negative manner does not have a positive effect on children's behaviour not only is it very intimidating for them it can have an effect on their confidence and self esteem.

1. If a child is showing inappropriate behaviour, get down to their level and in a calm authoritative tone (**no shouting**) explain to them why that behaviour is not acceptable. (Incidents where other children are being hurt or upset then they should be dealt with first before the child causing the incident, or ask a further member of staff for support)
2. If the child continues with this behaviour issue them with a second warning and explain that they will have a time out if it happens again.
3. Lead the child away from the situation to a chair or space on the floor and explain to them why they are having a timeout. If the child will not walk them ask them to sit where they are. The child will not be made to sit longer than one minute of their age as they will forget why they are there.
4. If the child continually moves gently place them back without talking or giving them attention. Repeat as necessary.
5. Once the child has completed their set time, get down to their level and calmly explain why they were placed on timeout and encourage an apology "Sorry" from them. Give praise for the apology and carry on with what you are doing, forgetting about the incident. (Always take into consideration the child's age and development as not all children will understand or be able to say sorry verbally)
6. If the child refuses to apologise continue with timeout for a limited time until they are ready to apologise, **always end on a positive**. At no point will children be left on their own in a room.

**This policy was revised & updated on the 15th August 2022
Eversley Nursery School**