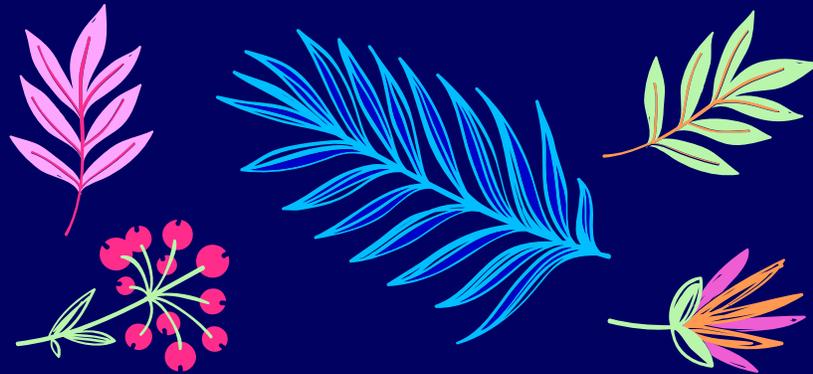


TIME IN

Trauma Informed Practice



Exclusionary practices encourage the child to withdraw and reinforce the message that they are "bad." The practice of time-ins can send the message to the child that he/she belongs.

• TIME OUT v. TIME IN •

- | | |
|---|---|
| <ul style="list-style-type: none">• Kids act out because they want attention• Time apart• Withdraw attention / disconnect• Very little opportunity to learn• Child left to regulate on own• Punitive, shame, rejection• Ineffective | <ul style="list-style-type: none">• Kids act out because they <i>need</i> attention• Time <i>together</i>• Give attention & connect• Learning opportunity• Adult is present to help child to regulate• Growth, empowerment, acceptance• Effective |
|---|---|

• HOW TO DO A TIME IN •

- Invite child to sit with you, go for a walk with you, or go on an errand for you
- Make eye contact (if possible, but don't force)
- Remain calm
- Be firm, but kind (these are not mutually exclusive)
- Tell child you'd like to help
- Acknowledge & validate child's feelings, can still set limits
- Address misbehavior only after the child is calm
- Assist the child (when calm) in identifying one or two strategies and move on
- Revisit & practice strategies