

have used it in response to numerous behaviors, your child has already learned how to program you to give this punishment. If the timeout was truly punitive for the child, she would not have misbehaved. Your child knows the rules. But more importantly, she knows you.

Some children program their parents to give the timeout because they enjoy the zen-like calm and escape from stress that the experience offers. However, most children program their parents to give the timeout for one of two reasons: 1) to receive more attention from the parent, or 2) to have distance from the parent's control. The difference lies in how the timeout is implemented.

