

Giving children time-outs won't harm them

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There is good news for parents who are in two minds about the merits of using time-outs as a form of punishment. Research from the University of Michigan in the USA says there is evidence to show time-outs can be an effective discipline strategy for children aged between two and eight years. Researchers say parents

do not need to fret about their parenting skills if they give time-outs to misbehaving children as they do not harm children's mental wellbeing or their relationship with their parents. In an eight-year study, researchers compared the emotional health and behavior in children whose parents used time-outs with those who didn't. They found there was no difference in the children.

Time-outs are a form of discipline used by parents to modify their children's behavior. It usually involves sending children to a quiet space or quiet corner. The aim is for children to reflect on their behavior. Scientists have disagreed about the effectiveness of this strategy. Dr Rachel Knight said: "Some reports in the media and by select organizations have suggested that time-out is ineffective and even harmful." She added: "There are some alarming claims that time-outs can damage the parent-child relationship and negatively affect emotional health, but the research simply doesn't support those claims." Dr Knight concluded: "We did not find a relationship between time-outs and negative side effects in children."

Sources:

metro.co.uk / medicalxpress.com / healthnewsdigest.com

Writing

Time-outs should never be given to children. Discuss.

Chat

Talk about these words from the article.

good news / in two minds / punishment / evidence / discipline / parenting / health / behavior / quiet space / effectiveness / strategy / media / harmful / support / negative

True / False

- a) There is bad news for parents about time-outs. T / F
- b) Research says time-outs are effective for children up to 18 years old. T / F
- c) Researchers say parents do not need to worry about time-outs. T / F
- d) The study into time-outs was over a decade long. T / F
- e) An example of a time-out is sending a child into a corner. T / F
- f) The aim of time-outs is to get children to reflect on their behavior. T / F
- g) Most media reports say time-outs are harmful. T / F
- h) A researcher found no relationship between time-outs and side effects. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|---------------|
| 1. merits | a. contrasted |
| 2. evidence | b. worry |
| 3. strategy | c. reactions |
| 4. fret | d. proof |
| 5. compared | e. type |
| 6. form | f. exclusive |
| 7. modify | g. benefits |
| 8. select | h. worrying |
| 9. alarming | i. policy |
| 10. side effects | j. amend |

Discussion – Student A

- a) What do you think of time-outs for children?
- b) What do you think of time-outs as a punishment?
- c) Did your parents give you a time-out?
- d) What do you think children think of time-outs?
- e) What do you fret about?
- f) How are your parenting skills?
- g) How effective are time-outs in disciplining children?
- h) What are the negative things about time-outs?

Phrase Match

- | | |
|---|------------------------------|
| 1. parents who are in two | a. their children's behavior |
| 2. using time-outs as a form | b. strategy for children |
| 3. an effective discipline | c. child relationship |
| 4. parents do not need to | d. behavior in children |
| 5. the emotional health and | e. of punishment |
| 6. discipline used by parents to modify | f. on their behavior |
| 7. The aim is for children to reflect | g. effects |
| 8. the effectiveness of | h. minds about the merits |
| 9. damage the parent- | i. this strategy |
| 10. negative side | j. fret |

Discussion – Student B

- What do you think about what you read?
- Do children think of time-outs as a punishment?
- What is the best form of punishment for children?
- What should children get time-outs for?
- Should other people get time-outs?
- How might time-outs affect parent-child relationships?
- What do children think about during time-outs?
- What questions would you like to ask the researchers?

Spelling

- the itmres of using time-outs
- a form of hspmunietn
- there is niedeecv
- eilspnicid strategy
- parents do not need to efrt
- mnetlooia health
- midfoyl their children's behavior
- It usually levvoins sending children
- The aim is for children to cfterle
- time-out is ivcifeetnef
- some mlaniagr claims
- eetivang side effects in children

Answers – Synonym Match

1. g	2. d	3. i	4. b	5. a
6. e	7. j	8. f	9. h	10. c

Role Play

Role A – Time-outs

You think giving a time-out is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): scolding, no TV or naughty room.

Role B – Scolding

You think scolding is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): time-outs, no TV or naughty room.

Role C – No TV

You think no TV is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): scolding, time-outs or naughty room.

Role D – The Naughty Room

You think the naughty room is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): scolding, no TV or time-outs.

Speaking – Punishments

Rank these with your partner. Put the most effective at the top. Change partners often and share your rankings

- | | |
|--------------------|-------------|
| • household chores | • time-outs |
| • the naughty room | • no TV |
| • no pocket money | • scolding |
| • being grounded | • smacking |

Answers – True False

a	F	b	F	c	T	d	F	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.