7 Reasons Why Time-In and NOT Time-Out

Experienced parents often want to share with foster and adoptive parents how to raise their children, they may tell you to put your child in time-out, spank them, and offer a plethora of other solutions. Problem being, a biological child thinks very differently than a child who’s worried about where their next meal will come from, if someone will come when they cry, if that someone who comes will hit or kick them. Raising a hurting child looks different, and that’s okay. Because it looks so different, I am here to give you solutions that do work. So, here are some reasons why time-in is better than time-out for a hurting child.

1. **Sending a hurting child to their room causes them to feel fear.** Many of our children lived in fear before they came to us.

2. **Hurting children don’t have the ability to self-regulate.** Hurting children are unable to regulate their emotions, and they need our help.

3. **Being alone doesn’t heal.** Keeping your child near you will aid in the healing process.

4. **A hurting child can’t calm the chaos on their own.** A traumatized child tries to recreate that chaos in their real world because the calm makes them uncomfortable.

5. **Time-outs don’t build trust.** When we send a child to time-out, they don’t know if they can trust us. A hurting child has difficulty trusting caregivers.

6. **Time-outs don’t build relationships.** Sending them away will not build your relationship.

7. **The lack of feeling safe makes our kids want to control their environment.** Your child’s fears stem from their life prior to meeting you.

Adapted from source: https://lovinadoptin.com/2014/02/21/7-reasons-why-time-in-not-time-out/
http://www.ifapa.org/training/ifapa_conference.asp

ABOUT THE CONFERENCE
Friday & Saturday, October 28 & 29, 2016
Coralville Marriott Hotel & Conference Center

VIEW CONFERENCE AT A GLANCE FLYER
VIEW CONFERENCE BROCHURE (Register via mail)
VIEW CONFERENCE ONLINE (Register online)

CONFERENCE LOCATION
Coralville Marriott Hotel & Conference Center
300 East 9th Street, Coralville
To make room reservations, call: 319-688-4000

OCTOBER TRAININGS

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Name of Training &amp; Trainer</th>
<th>Credit</th>
<th>Location</th>
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<tbody>
<tr>
<td>Saturday, Oct. 8, 2016 (9am-12:15pm)</td>
<td>Everything You Wanted to Know About Foster Care But Were Afraid to Ask (Bambi Schrader)</td>
<td>3 hours</td>
<td>Ankeny IFAPA Training Cntr 6864 NE 14th Street Suite 5</td>
</tr>
<tr>
<td>Saturday, Oct. 15, 2016 (9am-12:15p)</td>
<td>The Brain: Normal Development vs. Brain after Trauma (Joann Seeman Smith, Ph.D.)</td>
<td>3 hours</td>
<td>Ankeny IFAPA Training Cntr 6864 NE 14th Street Suite 5</td>
</tr>
<tr>
<td>Saturday, Oct. 15, 2016 (1:15p-4:30p)</td>
<td>The Magic of Healing the Brain &amp; Fostering a Secure Attachment (Joann Seeman Smith, Ph.D.)</td>
<td>3 hours</td>
<td>Ankeny IFAPA Training Cntr 6864 NE 14th Street Suite 5</td>
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Foster, adoptive and kinship parents can sign up for a class* by completing our TRAINING REGISTRATION FORM or by calling our office at 800-277-8145 ext. 1.

Ingredients:
- 18 Pretzel Rods
- 12 Ounces White Melting Chocolate
- Candy eyes

Instructions:
Melt chocolate according to package.
Dip pretzel rods into white chocolate, covering about 2/3rd of the pretzel rod.
Gently tap pretzel rod on the side of the Bowl to remove excess chocolate.

Place candy eyeballs on each pretzel, (if they slip off then let the chocolate sit for about a minute). Place on wax paper and set aside.

Carefully spoon remaining chocolate into a zip lock bag or a squirt bottle.
If using a bag, snip of a small corner.
Drizzle chocolate over pretzels, being careful not to cover the eyes. Let chocolate set completely before serving.