

## **123 Magic!**

*1-2-3 Magic* is a discipline program that focuses on implementing time-outs for inappropriate behaviours. It helps adults gain control of their own emotions and eliminates a lot of talking. It helps the child recognize that certain behaviours result in specific and consistent consequences.

Here's how it works:

- a) Child acts inappropriately (yells; refuses to comply)- You say, "That's 1, "name of child". Stop there- no more talking and say this in a calm but firm manner. Make sure you look directly at your child when you say this. When counting, wait about 5-10 seconds in between to give the child a chance to self-correct.
- b) Child acts out again (can be different behaviour)- you say, "That's 2, "name". Again, no more talking or showing emotion. Avoid engaging the child in an argument.
- c) Child acts out again- you say, 'That's 3, take 5 ". Child is then led to a 'time-out' space and given a timer with X minutes (Rule is typically one minute per year...ie. age four= four minutes). Child should be in a place that is safe but is away from any type of audience. If child tries to talk or is acting out in time-out, pick your battles. Disengage and don't pay attention to them.
- d) When the time out has been served, tell child they are all done and continue with the day. Don't continue talking about the time out or what led them there.
- e) In cases where a child hits or swears, you immediately go to 'that's 3, take 5'. They don't get multiple chances to hit or swear at others. In this case, it is important to explain to the child that a specific word is not acceptable. Many kids will repeat words they hear from others but might not know the meaning of the word or its inappropriateness.
- f) It is very important to teach the child appropriate ways to behave because if they are lacking a skill and are not taught (ie. How to cope when angry), they'll continue to exhibit the inappropriate behaviour because they don't know what else to do.
- g) Remind your child what the rule is- focusing on the behaviour that is expected, thus, focusing on the positive.