

TIME OUTS (PENALTIES)

WHAT IS A TIME OUT?

To decrease unwanted behavior, one option is a "time out". A time out is the removal of something the dog wants (e.g., a playmate, treats, or toys) after the dog "misbehaves."

Use time outs **after** you've taught the dog what you'd like him to do in place of the problem behavior.

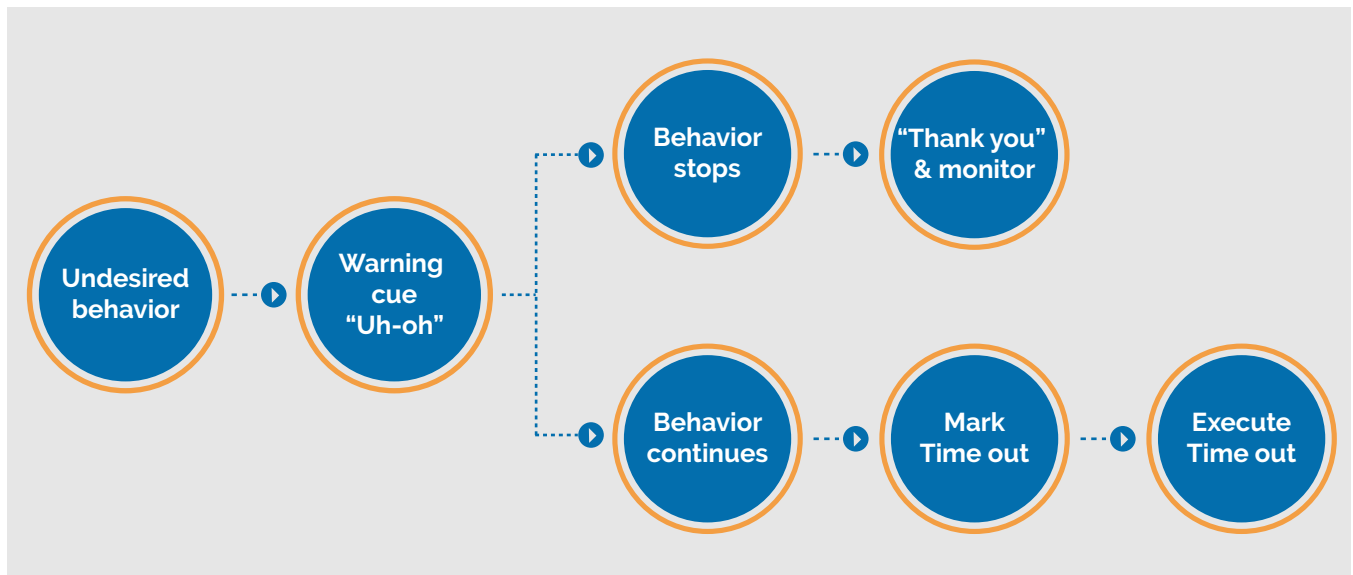
WHY USE TIME OUTS?

If done **every** time a dog misbehaves, time outs can decrease problem behaviors.

Don't use time outs to try to decrease fearful or aggressive behaviors.

HOW TO USE TIME OUTS

When the dog starts the problem behavior, give a warning cue (e.g., "Uh oh"). If he stops the behavior, say "thank you." If he doesn't stop the behavior, mark the time out by saying "Time out," then execute the time out by removing the thing the dog wants (e.g., stop play, remove attention), or escort the dog to a time out location.



It takes 12-20 repetitions before most dogs make the connection between their behavior and the time out.

Don't give up if it doesn't work right away!

GENERAL POINTERS:

- Use management and reward behavior you like (e.g., “sit” in a jumpy dog). Do this often enough and you should find time outs are rarely needed.
- The dog must receive a time out every time he ignores the “warning cue.”
- It is best to remove the thing the dog wants, rather than removing the dog from the situation. This avoids a situation where the dog associates being reached for or grabbed with something unpleasant.
- There should be nothing scary or intimidating about a time out.
- Time outs can vary in magnitude (e.g., from lasting a few minutes to play being ended for the day). Long time outs may change behavior more quickly but must be balanced with time limitations, and long time outs mustn't be at the expense of the enrichment and exercise.
- Don't end the time out if the dog is demand barking. Wait until he is quiet for a few seconds to let him out or return to him.

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