



Time In Vs Time Out

Time Out has been recommended as a way to resolve conflict or discipline our children. For young children, this method is not effective and often leads to a disconnection between us. On the other hand, *Time In* is an attachment based, relationship-building intervention that builds connection, develops self-regulation skills, and helps children learn appropriate behaviors. Come find out more about how to do Time In with your children!

Who should attend: Parents/Caregivers of Children Birth to Age 8

Location: Colchester Elementary School, Room H-20

Date: Tuesday, April 30th Time: 6:00-7:30 pm

Cost: Free! Free childcare also available with registration!

How to register: Contact Dawn LePage at dlepage@colchesterct.org

or call 860.537.0717

Presented by: Cyndi Whaples



**Collaborative for
Colchester's Children**

HEALTHY, HAPPY & SUCCESSFUL CHILDREN