



# "Agi Panina Yadooaa"

---

Summit Lake Paiute Tribe • 653 Anderson Street • Winnemucca, NV 89445

February 2004

“Happy Easter from the Summit Lake Staff”

---

## **TRIBAL COUNCIL**

ROBYN BURDETTE, CHAIRWOMAN  
ROBERT SAM, VICE CHAIRMAN  
LORRAINE WATSON, SEC./TREAS.  
GRAYSON HUITT, COUNCIL MEMBER  
LUCILLE SAM, COUNCIL MEMBER

## **ADMINISTRATION**

TONY WIGGINS, HRD/ED  
RACHEL RIDLEY, FINANCE CLERK  
JULIE CRUTCHER, EXECUTIVE SECRETARY  
LISA NORTHRUP, CUSTODIAN  
ADMINISTRATIVE COORDINATOR, VACANT

## **NATURAL RESOURCES**

JON MERZ, DIRECTOR  
BIOLOGIST, VACANT

## **MAINTENANCE**

CORY BURDETTE, WORKER

## **ENVIRONMENTAL**

MARSHALL HUITT, INTERN  
COORDINATOR, VACANT

## **HOUSING**

PLANNER, VACANT

---

Nitro PDF  
www.nitropdf.com

To: Tribal Members  
From: Tony Wiggins, Education Director

**MARCH / APRIL INSTALLMENT OF  
“HELPING PARENTS HELP KIDS”**

**TIMEOUT**

It's been around forever. However, with a modern twist and a focus on consistency, timeout can be a valuable discipline tool.

As we go about the business of teaching our children appropriate behavior, emotions can threaten to undermine results. Timeout can be a very positive method to separate yourself from your child so that both of you can cool off. With emotions removed children and parents have a better opportunity to learn.

Please consider these three ways to use timeout:

**1. To give the child time and space to cool off and calm down.**

The key is the attitude of the parent. Let your child know in advance that when her behavior is out of control she'll be asked to go to her room. Tell her when she is calm and under control she may again join the family.

How the child uses the time during timeout is up to them – as long as it is respectful to people and property. Pounding the floor, throwing stuff or screaming are not allowed – reading or coloring are examples of acceptable behavior. This is a valuable life skill that teaches children not to fly off the handle.

Never drag a child to timeout, this only robs you of the upper hand. Let them know in advance if they choose not to go to timeout they will lose a privilege (determined in advance) in addition to timeout.

**2. To give the parent time and space to cool off and calm down.**

There are times when we get angry at our children and want to scream or hit. This is the time to **EXIT**.

**3. As a method for stopping a specific behavior:**

Timeout can be an excellent way to put an immediate stop to unwanted behavior. There are several keys for effectiveness.

\* **Be quick:** Catch your child in the act. delayed actions dilute the effect.

\* **Use selectively:** Use for hitting, talking back and whining (or other specific problems). So not over use

\* **Keep calm:** The focus is lost when you are mad, it prevents you from being in control

\* **Stick with it:** One you say “timeout” do not back off or be talked out of it. Poor behavior can be changed, even if it takes all day in timeout.