A series of multinomial logistic regressions was used to identify predictors of reported use of time out.

Method

International Parenting Survey – Canada (IPS-C)

- Developed by researchers at the University of Queensland and the University of Bielefeld, the IPS-C is a questionnaire that examines family characteristics, service preferences, child functioning, and parenting strategies.

Participants

- Canadian parents of children aged 2 to 12 years (N = 2310) completed the IPS-C between spring 2012 and 2013.

Analyses

- A series of multinomial logistic regressions was used to identify predictors of reported use of time out.

Results

Do You Send Your Child to Time Out? (N = 2310)

- 14.5% reported not at all, 31.7% reported a little, 26.5% reported quite a lot, and 27.3% reported very much.

Child Characteristics Associated with Reported Use of Time Out

- Time out is more likely to be reported by White parents than by non-White parents.
- Ethnicity was a significant main effect, \( \chi^2(3, N = 2040) = 171.13, p < .001 \).
- White parents were 1.79 times more likely to report using time out ‘quite a lot,’ and 2.06 times more likely to report using time out ‘very much’ compared to non-White parents.

Parent Characteristics Associated with Reported Use of Time Out

- Full Model: \( \chi^2(33, N = 2040) = 201.13, p < .001 \).
- Variance Explained: 8.0% (Cox and Snell Pseudo R-Square) and 8.6% (Nagelkerke Pseudo R-Square).
- Gender, income adequacy, education, and religious attendance did not predict reported use of time out.
- Time out is more likely to be reported by White parents than by non-White parents.

Participant Demographics (N = 2310)

- Child Age (M years): 5.6
- Child Gender (% male): 52.3
- Parent Age (M years): 36.5
- Parent Gender (% female): 91.2
- Ethnicity (% White): 89.8
- Income (% adequate): 81.3
- Marital Status (% married/cohabiting): 85.6

Conclusion

Key Findings and Implications

- 85.8% of Canadian parents of children aged 2 to 12 reported using time out.
- Time out is more likely to be reported by White parents, parents with young children, and parents with children who have behavioural problems.
- The findings inform our understanding of a common discipline practice and have implications for tailoring the time out curriculum in parenting programs.

Limitations and Future Directions

- Parents self-reported their parenting practices, and they may have different understandings of the term “time out.” Further research is required to determine if parents are implementing time out correctly and if the strategy is effectively managing their child’s misbehaviour.
- Further research is required to understand cultural differences in discipline practices.