

Feb. 10, 2004

Dear Dr. Haiman,

Thanks you for your well written and much needed articles on the case against time-outs. As a therapist, I am well aware of the problems we have in this country in parenting our children and have worked with many families in a therapeutic setting on parenting skills and other issues. But, it wasn't until I became a parent myself and joined a mothers club that I saw in the general population (vs. clinical population) the myths that are so pervasive about parenting in our culture. I have seen mothers use "time-outs" on 11 month olds. I have seen parents ignoring their childrens cries so that they "learn to become independent". Even I have felt pressure to let my daughter "cry it out" to learn sleep train her. Of course, I remember even from my freshman year of college learning about Ainsworth's classic study revealing that young infants whose cries are responded to cry less as older infants than those whose cries are ignored. But if I have felt that pressure, what must the average high school educated parent feel? Thank you again for writing such a much needed article about this important issue.

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