



## TIME-OUT ACCEPTANCE CHART (SAMPLE)

McNeil & Hembree-Kigin (2010, p. 216)

|    | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----|-----|------|-----|------|-----|-----|-----|
| AM |     |      |     |      |     |     |     |
| PM |     |      |     |      |     |     |     |

Your child receives one sticker/star for each day (or half-day) that they do the following:

1. Receive no time-outs
2. Accept all time-outs given (walk to time-out AND stay in time-out)

Each day that your child receives 2 stickers, reward with one of the following:

1. Piece of candy
2. Small mystery toy
3. Extra special time with you (e.g., you will play a video game with your child, go for a special walk, watch a tv show together, play a game, give 5 extra minutes of special time)
4. \_\_\_\_\_
5. \_\_\_\_\_

Each week add up the stickers/stars. If your child receives \_\_\_\_\_ stickers/stars, you will give your child one of these larger rewards (e.g., \$5, family movie night, trip to playground, sleepover with friend):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_