Parent Management Training
Part 3

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Token Economy

• Advantages
  • Increased positive attention
  • Is convenient
  • Retain value and effectiveness across different settings and times of day
  • Is an organized, systematic, and fair approach for managing behavior
  • Teaches value that privileges and rewards must be earned
Token Economy

- Poker Chip Program for 4-7 years
- Point system for ages 8 years and older
Token Economy

• Create a list of privileges
  – Include 10-15 rewards

• Create list of expectations
  - Chores, jobs, other challenges
  - More challenging = more points
<table>
<thead>
<tr>
<th>Date</th>
<th>Item</th>
<th>Deposit</th>
<th>Withdrawals</th>
<th>Balance</th>
<th>Date</th>
</tr>
</thead>
</table>
Time-Outs

• Give a command
• Count backwards from 5
• Issue a warning: “If you don’t do as I say you are going to sit in that chair”
• Count again backwards from 5
• “You did not do as I say, now you are going to the chair”

*Whole process should be no longer than 15 seconds
Time-Outs

• In order for time out to end child must be quiet and calm (safe hands and feet)

• Child has to complete the original command after time out is over
Daily Report Card (DRC)

- Assists with behaviors at school
- Helps improve communication between school and home
- Teachers rate each behavioral objective from 1 (excellent) to 4 (very poor)
Name: _______________________________                                  Date________________________

Teachers: Please rate the child’s behavior today in the areas listed below. Use a separate column for each subject or class period. Use the following ratings: 1 = excellent, 2 = good, 3 = fair, 4 = poor, 5 = very poor. Then initial the box at the bottom of your column. Add any comments about the child’s behavior today on the back or bottom of this card. Please have child write homework on the bottom of this card and the teacher should initial to ensure assignments are recorded correctly.

<table>
<thead>
<tr>
<th></th>
<th>Morning Work</th>
<th>Spelling</th>
<th>Reading</th>
<th>Specials</th>
<th>Math</th>
<th>Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is on task</td>
<td></td>
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<tr>
<td>Gets along well with other children</td>
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<tr>
<td>Keeps hands to self</td>
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<td>Follows classroom rules</td>
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</table>

Homework for the day ________________________________________________________________
Questions?