

# Check In Check Out

## Caregiver Handout



Your student is participating in a Check in Check out intervention at school.

### What is Check in Check Out?

Check In Check Out is an intervention that helps students meet behavior goals through daily check-ins with a supportive adult, ongoing feedback from teachers, and positive rewards for progress. This program includes several steps:

(1) **Morning check-in**, where an adult mentor gives the student the check in check out card and reviews the student's goals for the day.

(2) **Teachers rate the student's behaviors** through the day and provide feedback about progress on their goals.

(3) **End-of-day check-out** where the student meets with the mentor again to review how well they met their goals and receives a reward for their successes.

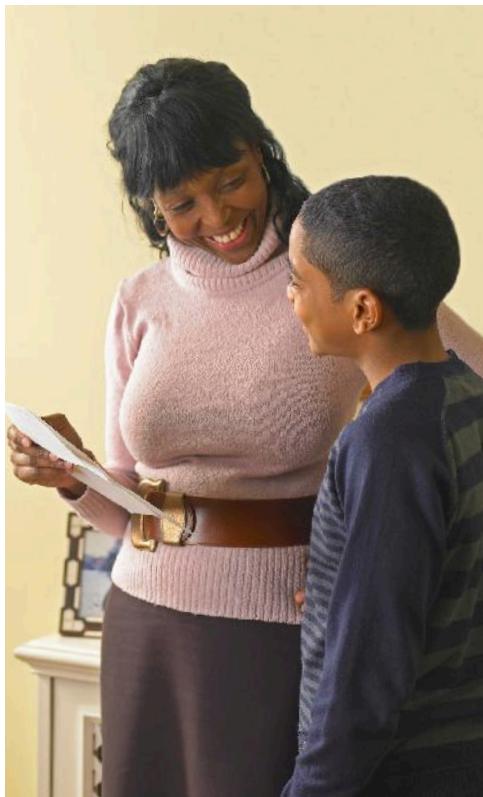
### BENEFITS OF CHECK IN CHECK OUT:

Improves student behavior and academic performance

Enhances teacher/caregiver communication

Monitors progress to see benefits over time

Builds long term skills



## Your Role as a Caregiver

As a caregiver, **you play an important role** in helping your student succeed with the Check in Check out. Here are some important things you should do to support your student:

- **Review the Check in Check out** when your student gets home from school
  - **Celebrate your student's successes** and accomplishments!
  - Attempt to stay calm about goals your student didn't reach.
- If asked, sign the Check in Check out card and send it back with your student the following day.
- Share ideas with your student's teacher(s) about behaviors you'd like to see improve and rewards that motivate your student.

## HOME-BASED REWARDS

Some students need an **extra push** to complete their goals. Sometimes, a **reward at home** is just the thing to provide that extra motivation! Make sure to provide rewards that **excite your student**, and that aren't too pricey. This way, you can easily and effectively give the reward whenever your student earns it! For older students, you can also use a point system in which they earn points across several days to get their reward.

