

CHECKLIST FOR MANAGING INTERRUPTING

Instructions: Whenever interrupting parents' conversation or activity occurs, record Yes, No or NA (Not Applicable) for each of the steps below.

STEPS TO FOLLOW	DAY				
	STEPS COMPLETED?				
1. Gain your child's attention.					
2. Tell your child what to stop doing and what to do instead — <i>Stop interrupting. Say "Excuse me" and wait until I am free.</i>					
3. If your child does as you ask, when there is a break in your activity, praise them for waiting and give them your attention.					
4. If your child does not do as you have asked, tell them what they have done wrong — <i>You are still interrupting</i> — and the consequence — <i>Now go to quiet time.</i> If necessary, take them to quiet time. Do not argue or debate the point.					
5. If your child does not sit quietly in quiet time, tell them what they have done wrong — <i>You are not being quiet in quiet time</i> — and the consequence — <i>Now you must go to time-out.</i> Take them straight to time-out.					
6. When your child has been quiet for the set time in quiet time or time-out, set them up in an activity.					
7. As soon as possible, praise your child for behaving well.					
NUMBER OF STEPS COMPLETED CORRECTLY:					