



# WHAT IS CHECK IN / CHECK OUT?

Check In / Check Out (CICO) is an evidence-based intervention for providing daily support and monitoring to students in school who are at risk for developing serious or chronic problem behavior.

## How Does CICO Help Students?

- Provides positive interactions with adults throughout the day.
- Gives structure with a daily routine.
- Students receive frequent feedback on demonstration of school-wide norms or values.
- Teaches and supports social and self-regulation skills that help promote school success.

## Who is a Good Candidate for CICO?

- Students who act out frequently across settings.
- Students who like adult attention.
- Students who engage in classroom-managed problem behaviors.

## What is the Caregiver's Role?

- Reviews the home note.
- Provides positive praise and supportive feedback.
- Avoids negative or blaming comments when a goal is not met.
- Signs the home note and returns it to school with the student.



## CICO involves five core features:

1

Check-in

2

Daily point cards

3

Regular teacher feedback

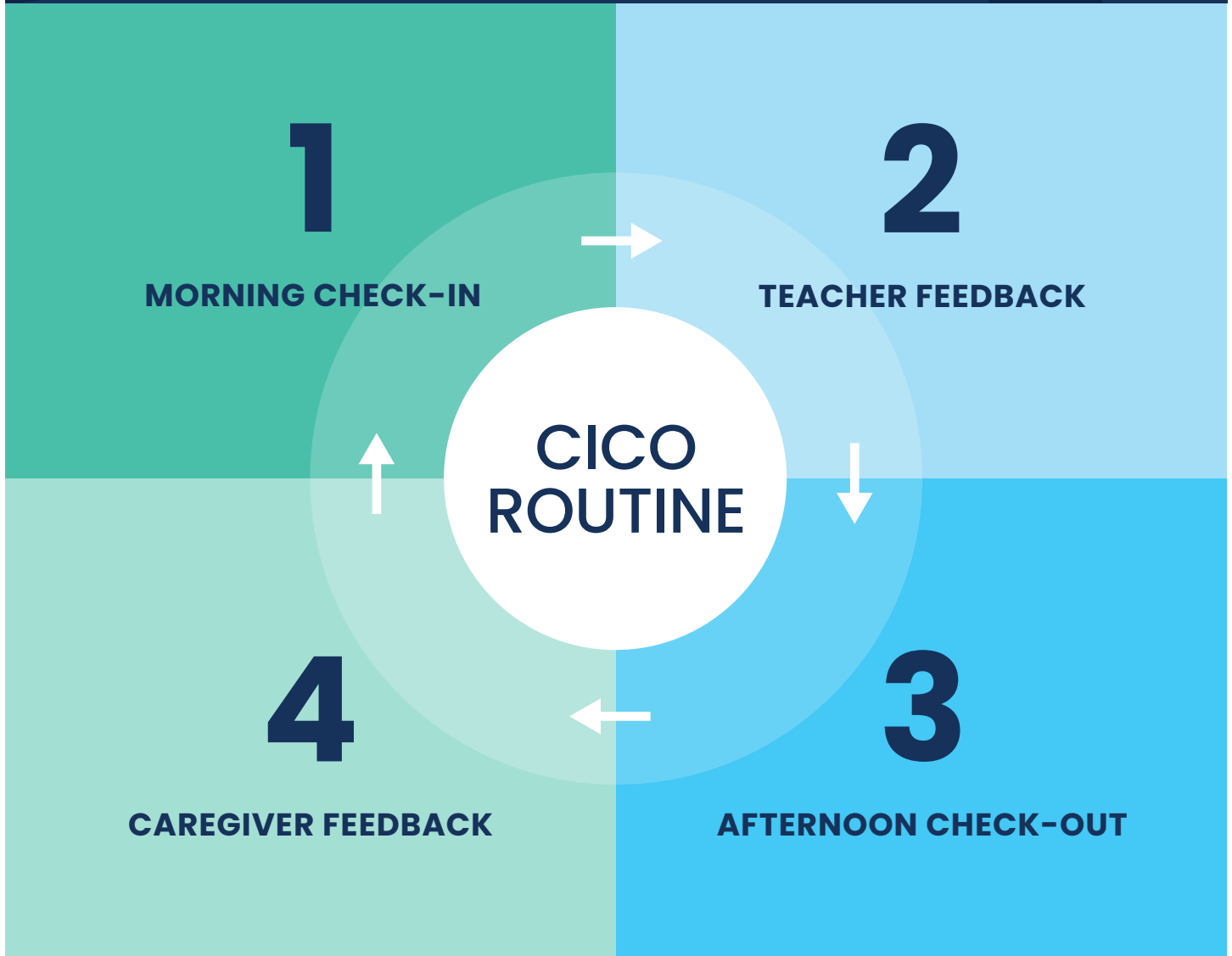
4

Check-out with rewards delivery

5

Home communication

# WHAT DOES THE DAILY CICO ROUTINE LOOK LIKE?



**SCHOOL TEAM SUMMARIZES DATA TO ASSESS STUDENT PROGRESS AND MAKE DECISIONS**



Office of  
**Prevention &  
Intervention**  
THE SCHOOL DISTRICT OF PHILADELPHIA

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