



Routines and Loss of Privileges

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What I must do ...	Warnings	Loss of privileges
Make my bed		<p>Go to bed 5 minutes earlier that evening</p>
Put on the clothes laid out for me and get dressed quickly.		<p>Have 5 minutes less reading time that evening</p>
Get ready quickly for school		<p>Have 10 minutes less video game time that evening</p>

This table can be adapted to all other routines (screen time, playroom, leaving for school, nightly hygiene, etc.).



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Developed by Clinique FOCUS under the coordination of Johanne Perreault, DPsy, in collaboration with Dr. Annick Vincent. (Revised: May 2013)

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