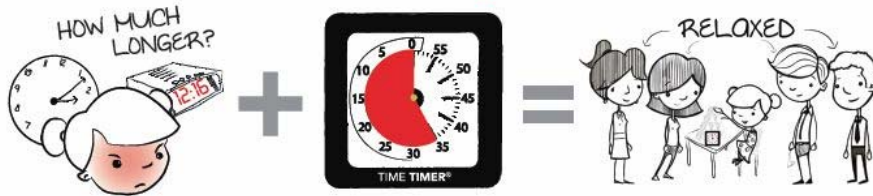


Is Your ADD/ADHD Child Struggling to Make Transitions From One Daily Routine to Another?



#1 Secret To Raising Productive & Happy Children With ADD/ADHD

TIME TIMER.  **Time Timer LLC**
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Can Something So **Simple** Be **Life Changing**?

Parents and Teachers of ADHD Children are Using the Award-Winning Time Timer® to Transform Stressful Transition Periods, Never-Ending Meals, Resistance to Routines and So Much More!

Do you dread dinnertime? How many evenings have you spent adding up all the things you could have gotten done if mealtime didn't drag on and on as your child does everything except eat? Have you found yourself totally out of things to try, having exhausted reason, logic, bribery, pleading, yelling...?

What about transitioning from one activity to another? How often do they wear you down or you give in to "five more minutes"? When it's time for someone else's turn with the game or computer, do your children or your students peacefully trade places or are you constantly forced to become referee and enforcer?

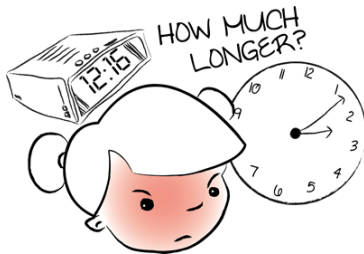
Does the nightmare start at bedtime before anyone ever closes their eyes? And continue in the morning as you struggle to move them through waking up, getting dressed, eating breakfast and making it out the door on time?

How far do you get on vacation before the first "are we there yet?" or "how much longer?" Can you remember the last time you actually enjoyed a road trip?

Understanding the Concept of Elapsed Time is the Key

Let's face it, there's a world of difference between looking at a clock and being able to say that it's 3 o'clock and understanding "how long" 5 minutes is. This type of abstract thinking is difficult for all children and especially for those with ADHD.

According to Dr. Olive Healy, widely acclaimed for her work in the treatment of challenging behaviors and a lecturer in psychology at the National University of Ireland in Galway, "*The passage of time is often difficult for such individuals to comprehend, and this can further impact expectation of an event, waiting for an activity to begin or end, waiting to receive a reward, sharing with others, apprehensiveness, impulsivity, on-task behavior and self-control.*"



As adults we can communicate using "later", "soon", "not now", "in a few minutes" and a whole range of similar words and phrases. To a child, especially one with any sort of special needs or learning challenge, this might as well be someone speaking in a foreign language. Is it really surprising that the results are so often confusion, frustration and even anger?

But how do you translate an abstraction like elapsed time to a child when most adults would be hard-pressed to explain it to another adult?

A Mother's Necessity --- A Brilliant Invention

We've all heard that "necessity is the mother of invention". In this case, a mother's need to help her daughter grasp the meaning of passing time literally resulted in a deceptively simple invention that has helped countless individuals all over the world.

Twenty years ago, Time Timer[®] inventor Jan Rogers realized that in order to understand the basic concept of time, children needed to *see* it. She knew that her own daughter, Loran, couldn't relate the changing numbers on a digital display to "how long now?" or use them to visualize how much time has passed. After experimenting with different options, she hit on the simple solution of a red disk that disappeared as time elapsed. This was something a child could see. And understand.



When the Red is Gone, Time is Up!

Jan Rogers wanted to do more than simply teach her daughter. By giving her a tool that allowed her to take ownership of certain blocks of time, she gave her a sense of empowerment. Instead of constantly being told and reminded that it was time to go or time to stop doing something, all Loran had to do was glance at the Time Timer[®]. If the red was getting close to disappearing, she knew time was just about up.

By taking her idea to teachers and other parents, Jan quickly learned that there was a great need for her invention. Children, as well as a significant number of adults, struggle with the consequences of not being able to grasp the concept of time. Nowhere was this more apparent than in the classrooms and homes of children with ADHD and other behavioral challenges.

The Time Timer[®] has come a long way since that first effort resulting in a paper disk! While the design and durability has continually improved the basic concept of the disappearing red disk has never changed. What has grown beyond anyone's expectations is the many ways that the timer is being used to improve the quality of lives all over the world.

The Time Timer At Home

Stressful and Never-Ending Meals

Mealtime can turn into a marathon contest to see who can outwait the other. Too often, the results are frustration and anger for all, not to mention the guilt that many parents feel because they can't get their child to eat healthy foods. The Time Timer[®] can change the dynamics, and the focus shifts to finishing the meal before the red disk disappears.

"This (Time Timer) is the only way we can finish meals on time!" Dr. Rick Hoaglin, DDS

Cafe Mom: My Child Eats Food When Given a Freaking Time Limit!

"Yesterday I wrote a post at my personal blog about our nothing-short-of-stunning breakthrough in (my sons) eating habits. I'm not so sure I'm ever going to fully calm down about how instant and miraculous the change has been. All because we turned on a freaking Time Timer!" – A. Corbett Storch, Cafemom (The Stir) Blogger and Parent

"My picky eaters clean their plates before time is up!" says a mom in Spokane, WA

Always Late

Have you ever found yourself chasing the school bus down the street or getting to work late yourself because you couldn't get your kids out the door on time in the morning? If it helps, you're not alone! This happens in homes everywhere as children are told "you have to be ready in 15 minutes" but don't have the ability to judge how long that is. The Time Timer[®] lets your child "see" exactly how much time they have. The less red there is the closer it is to being time to go.



"My 3.5 year old and I are really enjoying our regular timer. I can see how it's helping her learn the concept of elapsed time and deadlines. As an adult with ADD who has been chronically late her entire life, I can also say that the visual depiction of time is helping me!" Parent

"I love using the Time Timer! It has helped my son learn how to pace himself in the morning so that he can get dressed for school and still have time for play." Mother of ADHD son

“My 3 year old actually ASKS me to set the timer to 15 minutes when I tell him it's time to get ready for (whatever). Sometimes I ask him how much time he needs to do something and he will point to the timer and say the number of minutes (it's usually 15 to 25 minutes). So again, Thank you.” Parent

Fighting Routines



Whether it's brushing their teeth or lights out and going to sleep, it's universal that kids resist routines. Reduce the confrontations and stress with the Time Timer[®]. Simply set the time so that the red disk is gone by the time you want those teeth brushed or their head on the pillow and watch them take responsibility for making it happen.

Children with ADHD fight rules and limits yet, at the same time, need structure. Using the timer relieves the feeling of constraint.

“Every day I work with parents, helping them develop routines that protect their children's sleep, create more effective discipline strategies, and teach their children essential life skills. The Time Timer is an essential tool in many of the lessons. I highly recommend it.” Mary Sheedy Kurcinka, internationally renowned parent educator. She has pioneered efforts to bring topics such as temperament, neurobiology, the importance of sleep, and emotion coaching into homes, schools, medical practices, and businesses. Her work has been featured in The New York Times and on Good Morning America, as well as many other television, radio, magazine, and newspapers worldwide.

"I love not being the bad guy anymore. I kept giving in to the endless 'five more minutes' requests. Now it's peaceful. My girls set the Time Timer, and when the red is gone, time is up. The arguments just disappeared." Matt K., father

Unproductive Time Segments

No matter what our age, some things we have to do are simply not much fun. Being able to watch the red disappear on the Time Timer[®] can go a long way in preventing boredom from setting in during those activities that a child (or adult!) doesn't particularly enjoy. It can strengthen focus and also reduce their anxiety by reminding them that the end is literally in sight.



“My son needs to be able to see the ‘light at the end of the tunnel’ when engaged in a task he does not like.” Paula Farish, Co-Founder, Northeast Tarrant County Dyslexia Council

Transitioning From One Activity to Another

As adults, we understand that we can’t drive clear across town for lunch because we only have 30 minutes or that we need to finish our shopping soon or we could find a parking ticket on our windshield. We take this for granted. Because children struggle with this, there are often conflicts when it comes to transitioning from one activity to another. Until they develop the ability to internalize the concept of elapsed time, the visual display of the Time Timer[®] can greatly reduce their anxiety and frustration.

“I truly believe children learn the concept of time by using the Time Timer. They can see the difference between 5 minutes or 45 minutes. Then, when they connect what they see to what they feel, time is not so daunting.” Robyn Colley, Occupational Therapist

“This is the best way I have found to get my ADHD child to smoothly transition from one activity to the next at home. I would highly recommend this to any parent who has children who have a hard time making transitions!!!” Katya Broderick

Time Timer In the Classroom

Managing Activities and Transitioning From One to Another



Transitioning from one activity to another can be a chaotic time in a classroom filled with children who have trouble understanding that “it’s time” to stop doing something that they enjoy and move on to something else. “Because I say so” has never held much weight, whether at home or school. This is where the Time Timer[®] is perhaps the most valuable. Once placed where all the students can keep track of the status of the red disk, a natural sort of order is established. When is it time to wrap this activity up and move to the next? When the red disk says so!

“Some students have such a dramatic resistance to transitioning that it is difficult to get them to stop one activity and move onto another. The Time Timer is a terrific tool for communicating the concept of visually ending a task.” Carol Burmeister, educational consultant and strategist with the Bureau of Education and Research in Southern California

“The Time Timer is an excellent device to teach students to follow rules for a set period of time and then receive a preferred reinforcer for good behavior.” Dr. Olive Healy

“My daughter's summer school teacher first told me about the Time Timer stating that it helped her in the classroom. So I bought one in 2006 and used it all the time. She has CP (Cerebral Palsy) and is a very visual kid. While she can tell time from a clock, it never worked to say ‘you have 30 minutes left to use the computer, etc.’ The Time Timer works so well in this case. It shows her how much time is left.” V. Gaige

“Your Time Timers are an integral part of my classroom. They are placed in every station in my classroom and my students have learned how to set them themselves. The response to this self regulating, visual system has been remarkable, reducing transition challenges profoundly.” Teacher

Stressful Testing



There are many things that can create stress in the classroom, but testing is nearly always a highly stressful activity. More and more teachers are incorporating the Time Timer[®] at test time. Being able to quickly glance at the familiar red disk allows students to pace themselves, which helps to alleviate anxiety. Setting the timer for a five or ten minute calming period before the test begins has also proven very effective.

“Taking standardized tests can be stressful for all children. I think the Time Timer is a fabulous solution to help all kids keep track of passing time.” Celia Cruse, MS OTR/L, Education and Special Needs Manager

“The Time Timer really helped me keep track of time at my AP tests.” High School Student

“I have been using your Time Timer software for several years when administering science labs, SAT testing, timed classroom presentations, etc. Both teachers and students find it easy to use and view. A great professional tool for classroom use.” Teacher

Maintaining Focus

Most adults will admit that they have trouble maintaining their focus long enough to accomplish the things that they want to get done. Adding hyperactivity and attention deficit disorder can make focusing even more difficult. Experts agree that a key factor to

productivity is learning to break tasks into manageable segments. Teachers are using the Time Timer[®] to teach this valuable skill to their students. Having a visible image of just how much time they have sharpens their focus and motivates concentration so that they can finish before the red is gone.

“The parents are just amazed at how well their children relax and read when given a time limit, but the Time Timer is really for us! It keeps me on track all day.” Dr. Anna H, Librarian

“An innovative and excellent way to depict the passage of time visually. This is a must for every home and classroom.” Diane Twachtman-Cullen, PhD

“This visual reminder of how long the student has to complete a task can lessen anxiety and encourage planning and prioritizing. Students are empowered when they select and utilize the Time Timer as a tool to meet their pacing and production needs.” Director, Springer School and Center

Hyper Focus

Some individuals, especially those with ADHD, often have periods of intense focus that can last for hours. This can make transitioning not only difficult but very uncomfortable. For those who have a tendency toward hyper focus, the disappearing red disk combined with an audible alarm helps to create smoother transitions and increase productivity.

“ADHD people typically live in the ‘now’ and ‘not now’ world. Making that transition between the two is difficult. We are often fully engaged in the activity at hand and it’s therefore difficult to think about the next step.” Doug Diller, ADHD coach

“It’s funny how the best designs in life are often the most simple. But ‘simple’ doesn’t mean that the Time Timer products haven’t been well thought through. I’ve been using the Time Timer products in all aspects of my life. As a high functioning adult living with ADHD, I know how important it is to keep things on track. The “hyper focus” I have for things often makes time fly which can make it hard to plan and accomplish multiple tasks. The user interface on all of the Time Timer products are consistent with each other and fit many applications. When I was a child, my parents used to set my watch to go off every 15 minutes to help me get the concept of passing time. The Time Timer Watch is on its way for my son who was also diagnosed with ADHD. This will only make it easier for him to get things done and learn the value of a minute.” Casey Joseph-Marshall, architect/designer

Simple and Useful --- But Life Changing?

Saying that the Time Timer[®] is “life changing” is making a pretty big claim. We agree. But we didn’t say it --- we heard it from parents and teachers, children and adults, as well as experts in various fields of developmental learning.

“Every day I work with parents, helping them develop routines that protect their children’s sleep, create more effective discipline strategies and teach their children essential life skills. The Time Timer is an essential tool in many of the lessons. I highly recommend it.” Mary Sheedy Kurcinka, internationally renowned parent educator.

“My 3 year old son has severe anxiety with transitions even when moving to a desired activity. Being able to visualize the time left has made a huge difference. I wish we had been recommended this a long time ago!” Rebecca Isaacs

“I am a preschool special education teacher and passionately love the time timer. I’ve used both the small and 8 inch timer in countless environments including one on one in the home, in an inclusive preschool environment and a self contained preschool environment. The best part of this timer is the concrete presentation of time. Even your very young students who haven’t grasped the concept of time will understand that the time is up “when the red goes away”. This is an awesome tool for parents as well.” P.A.S.

“I really like this timer. It is very easy to use and see from across the room. My 9yr. old son has ADHD, heavy on the hyper. Time means absolutely nothing to him. But now, with this timer, it gives him a visual to use to gauge the time he is given to accomplish certain tasks. It has taken a lot of stress off of me, because he is willing to use it. Lately, I am noticing that he doesn’t like me reminding him. (you would think I would have stopped by now. Bad habits are hard to break) The other day, I started to remind him about something that needed to be done before school and he said, ‘I know the drill, mom.’ I need to get used to the idea that he is getting the hang of this time thing!” Robin

“My son used a time timer in his classroom and he really wanted me to get one for use at home. He has ADHD as well as some other developmental delays and so we are always looking for motivating ways to keep him on task. I decided to try it. It was AWESOME for keeping him moving in the morning to get ready for school. I would set it for each task....10 minutes to get dressed, 10 minutes to eat breakfast, etc. And it really kept him on schedule and out the door without the constant prodding from Mom.” Mother of ADHD son

Families are enjoying eating together. Siblings more often peacefully share their games and toys. Students are learning more because teachers are actually spending more time teaching instead of monitoring and refereeing. Time Timers are going on vacations so that they can stop the constant barrage of “are we there yet?” and “how much longer?”. Children, especially those with ADHD and special needs, are more able to manage their anxiety, frustrations and fears.

For more than 20 years, people have been using the Time Timer[®] to “make every moment count”.

Is this changing lives? What do you think?



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