



Transitions & Time Outs



Visual and/or tactile timers can be beneficial to help children with transitioning and seeing how long until they are done with their “time outs.” Visual timers can also be used for transitions from stations such as learning centers or work out stations at the local gym.



Many visual timers have been designed especially for classrooms. You can type in “visual timers” and you will have several come up. Visual timers can range from \$17.00 to \$40.00.



There’s an App for that!

There are also several Timer apps that can be purchased in Apple iTunes Store and Google Play Store. Price range from FREE to 39.99



Time Timer: displays time as a red disk that quietly gets smaller as time elapses. Children as young as three understand that when the red is gone, time is up! From App Store: 4.99 for iPad and 2.99 for iPhone From Google Play (Androids) 1.99



iPrompts: does a number of things including: picture schedules, choice prompts and more. iPrompts also has a countdown timer that displays an image of the caregiver’s choice along with a graphical countdown timer set to any duration. From App Store: 39.99. From Google Play (Androids): 9.99

From App Store:



Sharing Timer7.99
Sharing Timer focuses on reinforcing the concept of sharing and turn-taking.



Vis Timer1.99
It utilizes an animated shrinking pie chart to depict elapsed time



Stoplight Clock1.99
Countdown timer with vivid colors to let your child know when they are nearly out of time



Kiddie Countdown Timer ...0.99
Uses clear simple graphics in green, yellow and red to let your child know how much time is left.



Wait Timer2.99
A visual and audio tool to help children with waiting.



Buddy Timer1.99
A no-frills countdown timer that can be set up to 60 minutes in increments of five.

From Google Play (Androids)



Easy Kids Timer1.00
customize Kids timer with your own pictures and descriptions of tasks.



Touch & Go Visual Countdown Timer
FREE Allows you to set various timers (in seconds), the corresponding text to display and the image to display during the countdown.



Visual Auditory Timer.....0.99
Provides an unobtrusive timer and alarm to complete time-driven tasks.



visTimer**FREE**
can be set to durations of 1 to 60 minutes. It can also operate in clockwise or counter-clockwise modes

For more description of these apps, go to <http://www.friendshipcircle.org/blog/2012/11/06/20-visual-timers-for-children-with-special-needs/>

Transitions

Take a moment and remember the last time you were absorbed in a really good book. Or the last time you were right in the middle of trying a new recipe or craft project.

Then think about what it feels like when someone or something else demands your attention in the middle of that activity. What are some of the emotions that come up? They may include frustration, anger, exasperation, or exhaustion. Children feel these same kinds of emotions, yet don't always have the coping skills to address them in acceptable ways.

Cues are an absolute necessity when encouraging your child to transition from one activity to the next. Cueing should take place before, during, and after the transition. For example:

- ◆ **Before:** After this tower, we'll put the blocks away so we can have lunch.
- ◆ **During:** Time to put the blocks away so we can have lunch.
- ◆ **After:** Nice job putting the blocks away! Now it's time for lunch.

Of course, real life doesn't usually happen this smoothly, and that's okay. Kids aren't always going to like the fact that they have to stop something that they're enjoying. Here are some steps to take to move towards smoother transitions:

- **ALWAYS use cues** before, during, and after a transition.. For children with a hearing loss, a visual timer may be beneficial especially if it is "color-coded"
- **Use language that your child can understand.** Young children don't understand abstract time frames like 5 or 10 minutes. Use concrete references like, Three more times down the slide. Then, help your child count reminding them how many times are left after each turn. Or "After Mr. Rogers, we'll turn the television off." Then remind your child several more times before the end of the show. Using a timer, you can say "When it "turns red" it will be time to go to bed," again reminding several times.
- **Picture schedules and cards can be helpful** for children who have a hard time following verbal directions. Pointing to the picture of the next activity, or handing your child the picture

and letting them carry it to the next activity can be helpful in transitioning. Sometimes kids simply don't understand or can't process the verbal direction alone. This technique can be particularly helpful in classroom settings.

- **Establish and maintain regular schedules and routines** in your household. When children know what to expect and can anticipate upcoming transitions, they can maintain a sense of organization and order leading to smoother transitions.
- **Allow for adequate time** for children to engage in their preferred activities without interruption.

& Time Outs

1. If a rule is broken, give your child some time out - a short, quiet period alone, without play.
2. The amount of time varies depending on the child, but a general rule is one minute per year of age.
3. "The Naughty Step" (bottom of stairs) is a good place for younger children to encourage better behavior or you could have a time out chair.
4. Avoid sending your child to their bedroom. We want them to see their bedroom as a positive place to spend time. Also there are far too many things to play with in a bedroom.
5. Time out discipline should have a calming effect. They should be doing nothing but thinking about the house rule they have broken while they are there.
6. For the older child, think of a place in your home which is safe, warm, not too far away from you where they could go for a few minutes to cool down.
7. Some children will find it difficult to remain in time out for long. Keep the time short (one minute if necessary to start with) but be firm about the need to stay there. You may need to keep putting them back there in the beginning. A visual timer may also assist in their staying as they can see an end to the time out.