

Practicing Safety Timer

This tool can be given out to parents on an as-needed basis. The timer can allow for a few minutes to deal with stress in various situations. When used as a tool for effective discipline, the timer can help to structure time-out periods (removal of positive parental attention). Set the timer for one minute per year of age. It may be beneficial to show parents how to set the timer in the office, so you know they understand how to use it.



Instructions for use

- Select the number of minutes you need by pressing the "MIN" button
- Select the number of seconds you need by pressing the "SEC" button
- To begin timer, press the "START/STOP" button
- To stop timer, press the "START/STOP" button
- To reset timer, press the "MIN" and "SEC" buttons together

Powered by one "AAA" battery (included).