



Timers Alarm Guide

Timers can be powerful tools for kids with ADHD, helping them stay on track and transition between tasks with less stress. Here's how to use them effectively!

Why Timers Work for ADHD Brains

- ✓ **Makes time visible** – Helps kids understand how long tasks take.
 - ✓ **Reduces procrastination** – Gives a clear starting and stopping point.
 - ✓ **Eases transitions** – Prepares kids for switching activities.
 - ✓ **Adds motivation** – Turning tasks into a challenge makes them more engaging.
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Types of Timers to Try

- ♦ **Sand Timers** – Great for younger kids who benefit from watching time pass visually.
 - ♦ **Visual Countdown Timers** – Apps or devices like the Time Timer show time disappearing.
 - ♦ **Audible Alarms** – Chimes or music cues signal when time is up.
 - ♦ **Pomodoro Timers** – Work for **25 minutes**, then take a **5-minute break** (great for homework).
 - ♦ **Smart Home Timers** – Set voice-activated reminders with Alexa or Google Home.
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How to Introduce Timers Positively

- ✓ **Make it fun:** “Let’s see if we can beat the clock on brushing teeth!”
- ✓ **Use it as a helper, not a punishment:** “This timer will remind us when playtime is over.”
- ✓ **Start small:** Use short intervals and build up gradually.
- ✓ **Pair with encouragement:** “Look at you getting dressed before the timer went off!”



Let's Connect!



💡 Want to learn more about how timers can benefit your child?

Book a **free 30-minute consultation** to get **personalized guidance**.



[Schedule Here](#)

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Timers make routines easier and **help kids feel more in control of their time**. Which timer will you try first? ⌚✅

Warmly,

Tom