



Home QuickStart for Beat The Timer

Welcome to this Evidence-Based Kernel. Reading and watching the QuickStart will...

- Show you 7-basic steps for *Beat the Timer*.
- Demo the 7-basic steps with a family.
- Help you select and create recipes for change using *Beat the Timer*.

If you have not already done so, please watch the QuickStart video.

7-Steps for Beat The Timer

If you bake a cake, there are always some key main ingredients. If you miss one of those key ingredients, you don't have a cake. Beat The Timer has seven key ingredients or steps to make it work.

After learning 7-Steps for Beat The Timer, you can easily move on to making plan for any one of the Beat the Timer recipes. Briefly, here are the 7-steps. Details follow on the next pages, with some pictures and examples.

Step 1 - Announce Beat the Timer

Step 2 - Say how long Timer will be set for

Step 3 - Say what behaviors are to beat the timer

Step 4 - Announce timer is about to begin.

Step 5 - Praise positive behavior while timer is ticking

Step 6 - Celebrate success and reward from the prize bowl

Step 7 - Mark changes on success scoreboard



So, lets learn more about each of these steps with some examples and helpful hints. Please watch the videos of Beat the Timer the timer being used by a real family in a real home.

The 7-Steps Explained

Step 1 - Announce Beat the Timer

Examples...

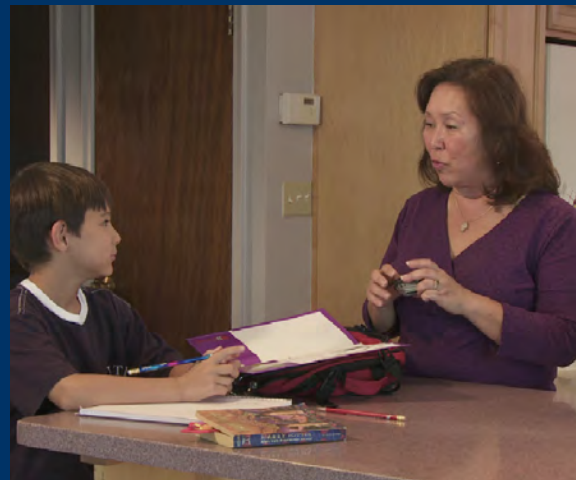
“We are going to use Beat the Timer for picking up.”

“Let’s play Beat the Timer for getting ready for bed.”

“We are going to use Beat the Timer to help you finish your homework in 20 minutes instead of 45 minutes.”

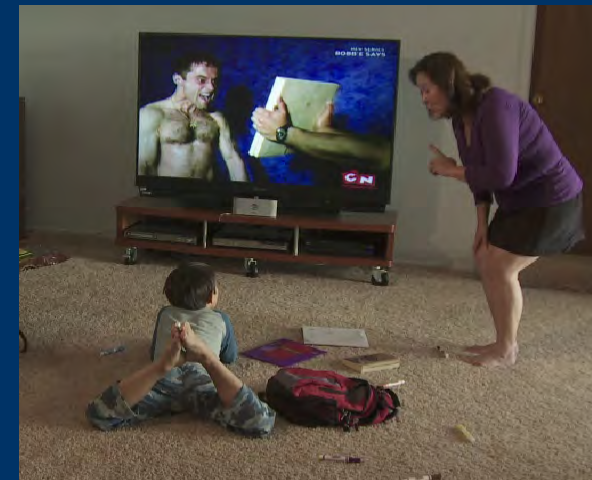
Helpful Hint: Cueing your child helps everyone pay attention to key instructions to follow. If you don’t announce using the Timer for folks to hear and see it, then things will be off to a bad start.

Homework Example



“We are going to use Beat the Timer to help you finish your homework in 20 minutes instead of 45 minutes.”

Picking Up & Getting Ready Example



“Noah, it’s time to get ready to go. I am setting the timer for 15 minutes for you to be ready.”

Step 2 - Say how long Timer will be set for

Examples...

"I'm setting the timer for 5 minutes for picking up."

"You've got 5 wholes minutes getting into your pajamas to be ready for bed. I'm setting the timer now."

"You have 20 minutes to finish your homework."

Helpful Hint: Part of helping your child master "time management" is being clear about how much time they have. Unless you say the time, your child cannot learn to complete things in the time allowed at home, at school or life.

Homework Example



"Honey, you have 20 minutes to finish your homework."

Picking Up & Getting Ready Example



"I am setting timer for 15 minutes, so you can be ready to go in 20 minutes out the door."

Step 3 - Say what behaviors are to beat the timer

Examples...

“Be sure to put away all the Legos, your shoes and other things on the floor when picking up.”

“While the timer is ticking, you will need go to the toilet, wash your hands, put on your PJ’s and be in bed before the timer rings.”

Helpful Hint: Kids are not born knowing what the actions are needed to finish a task. Your clear reminders help build this skill. Your brief list helps children build their memory skills, too.

Homework Example



“What are the things you need to remember to get your homework done and Beat The Timer?”

That’s good thinking...not dawdling, and not doodling plus answering all the questions.”

Picking Up & Getting Ready Example



“To be ready to leave for school, you need to pack up all your things, put them in your backpack, get dressed and be ready to go at the door before the timer rings in 15 minutes.”

Step 4 - Announce timer is about to begin.

Examples...

“The timer is sent. Ready, set, and go.”

“On my mark—3, 2 and 1. Start Beat the Timer.”

Helpful Hint: Announcing the timer revs up your child interest, getting them off and attentive. If you don’t announce the start, a child is more likely to dawdle or fails.

Homework Example



“Thanks for being patient, I am just about to set the Timer.”

Picking Up & Getting Ready Example



“Ok, Ready,...set...go for 15 minutes...”

Step 5 - Praise positive behavior while timer is ticking

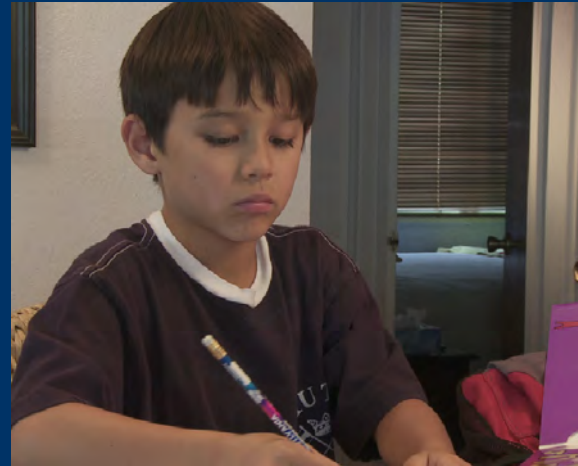
Examples...

“Wow, you have all the Legos put away, and you have just the shoes left.”

“Look at you Beating the Timer. All you have left to do is pull on the your pajama top.”

Helpful Hint: Praise progress—especially when first starting off makes a world of difference, and your praise can fine-tune either too fast or too slow actions.

Homework Example



“Noah, you are really paying attention to your homework. I bet you will beat the timer.”

Picking Up & Getting Ready Example



“Thanks for getting started so quickly and putting things in your backpack. I can see you’ll beat the timer. I am going to the kitchen now.”

Step 6 - Celebrate success and reward from the prize bowl

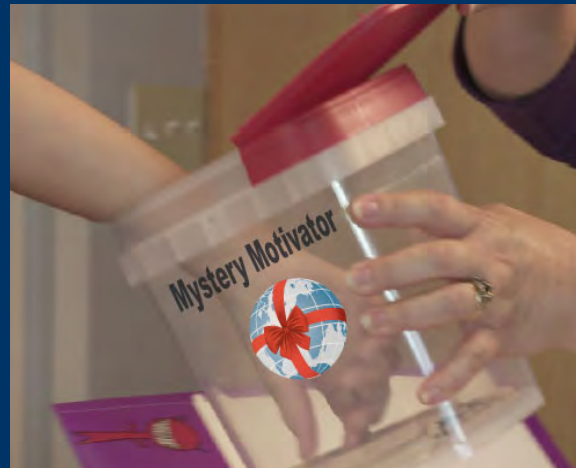
Examples...

“Incredible, you Beat the Timer by a mile. Let’s see what the mystery motivator might be from the bowl.”

“Look at you. You’re in bed and you Beat the Timer. I bring over the Prize Bowl for you to what you’ve earned in the morning.”

Helpful Hint: Pick “mystery motivators” for the prize bowl that will work for the time of day and situation. For example, a “Tickle Fest” might be good in the afternoon for picking up toys, but a really bad reward for getting ready for bed. Brushing or rubbing a child’s back might be great reward at bedtime, but not when you are trying to get a child active to do something later.

Homework Example



“Ok, Noah let’s see what your Mystery Motivator is for Beating the Timer.”

“I think there might be some new prizes in the jar...that’s part of the mystery.”

Picking Up & Getting Ready Example



“Great, you just won 15 minutes on the playground after school, when Dad picks you up.

You’ve have saved us so much time in the morning, we have some time for real fun now instead of nagging.”

Step 7 - Mark changes on success scoreboard

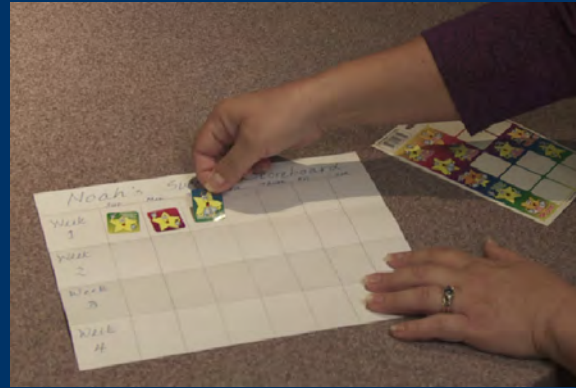
Examples...

“Let’s add this win to your Success Scoreboard. You might want to tell Grandmother about this; she will be so excited.”

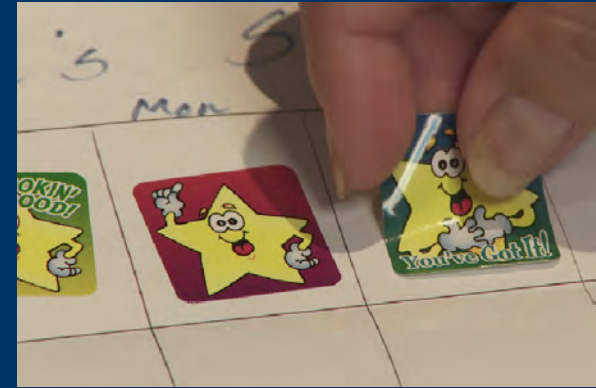
“This is the 20th time you’ve Beat The Timer. That’s fantastic. Let’s go put that up on your Success Scoreboard.”

Helpful Hint: Having a Success Scoreboard is like keeping score in a computer game. It is highly motivating to children (and adults). It is useful to cue other others to praise the child’s effort, using the Scoreboard. Such posting in itself is an evidence-based kernel.

Homework Example



Picking Up & Getting Ready Example



“Dad and Uncle Dennis are going to be so excited when you show them your Success Scoreboard. You’ve been Beating The Timer and getting your homework done. We’re going to have time for some real fun tonight.”

“Since you have been doing Beat the Timer, you have saved us so much time as a family, and you have created more fun for yourself.”

Customizing the 7-Steps For Your Family

Please go to “Make A Plan” after working through the QuickStart.

When you make your plan for using Beat the Timer, the recipes you print out will be customized for your child and the behavior(s) you have targeted. The 7-Steps for Beat The Timer still apply, and your plan has some suggestions for adapting the 7-Steps to your situation.

If you have other questions, check out the support or science section, to



“Noah actually sets the timer for himself for so many things. It makes our daily life much more enjoyable. Beat the Timer truly a gift.”

—Noah’s Mom