



# Visual Timers

## What Are They?

Visual timers let you see how much time is left.

## Who Would Benefit From Using a Visual Timer?

Children with FASD often have difficulty with understanding the concept of time and being aware of time passing. They are often concrete thinkers who are focused on what they can see, taste, touch, smell, or hear. Visual timers help make time easier to understand by allowing them to use their sense of sight.

## Children Who Have Difficulty Understanding Time May Also Have Difficulty With...

- Transitions between activities
- Sharing or taking turns
- Waiting patiently.

## Why Use a Visual Timer?

Helping children see time helps them understand how much time is left for a given activity. This provides a visual clue to finish an activity and start transitioning to a new activity. A visual timer also helps the child wait patiently and take turns by giving a visual picture of how much longer is left.

## TIPS FOR USE

1. Use verbal and/or visual cues to warn the child that a transition is coming.
2. Show your child the timer and set it while he or she is watching.
3. Leave the timer in a place where your child can see it.
4. If the child...
  - Asks for more time OR
  - Is impatient (how much longer?)
    - ...Remind them to look at the timer.



Time Timer (timetimer.com)

- Apps and software available



Sand Timer



Free app available for iPads and iPhones

**For More Suggestions, Ask Your Occupational Therapist!**



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