

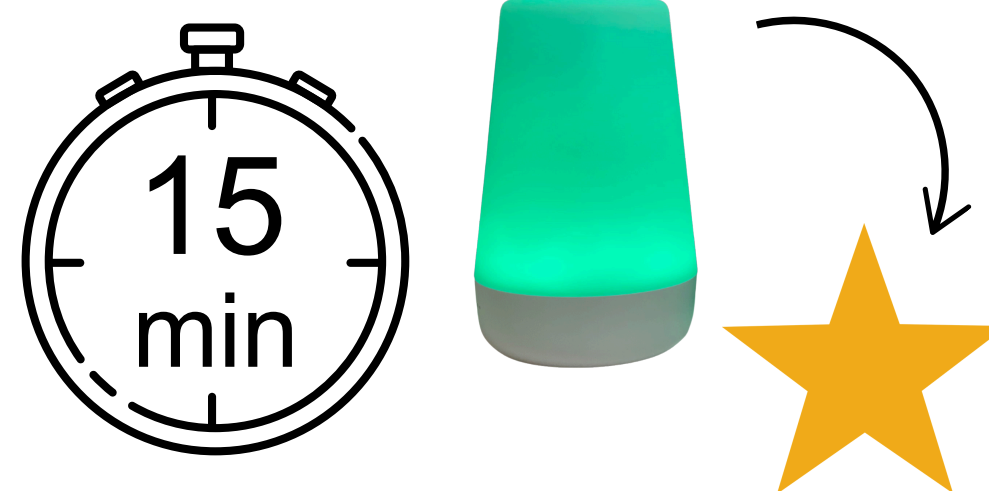
"Ok to Wake" Clock

#1



Avoid clocks with visible time displays, as they may distract your child. You may be able to cover the display time or turn it out of sight (e.g., Hatch).

#2



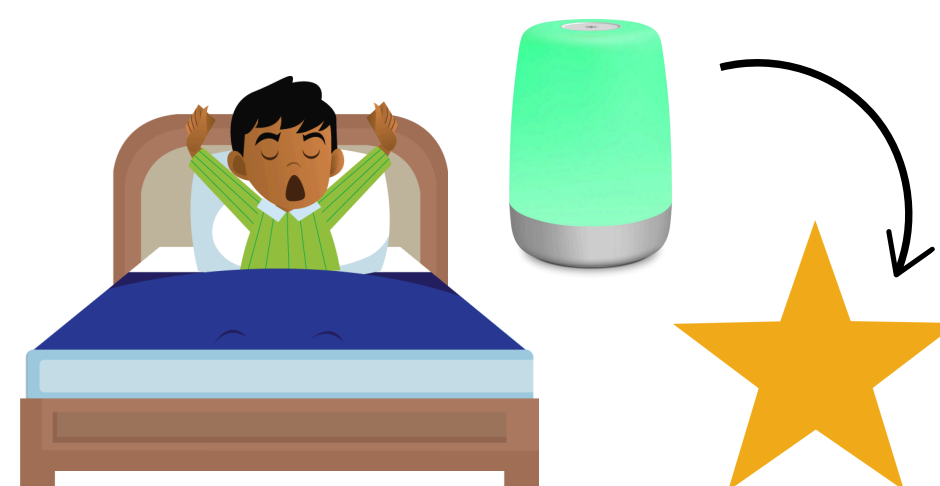
Set up the "OK to Wake" clock for short intervals during the day to establish a link between the lights and positive rewards.

#3



Once your child understands the color cues, set the clock to signal "OK to Wake" at their usual wake-up time.

#4



Encourage your child to wait for the clock's signal. Reward in the morning using the star system.
(e.g., 3 stars = reward)

#5



After your child has successfully stayed in their room until the signal for several days, you can gradually adjust the "OK to Wake" time by 10-15 minutes.

TIPS

- Be consistent
 - Ensure rewards are special and given to the child as early as possible
- Avoid using the clock for both day and night at the same time.
 - Focus on daytime use first, then transition to nighttime.