



## Toilet Training Watch – instructions:

Charging	
<p>Pop watch “face” out of the band.</p> <p>A blue light will flash to show it is charging. Feedback has been it charges better in a device vs a USB plug socket.</p> <p>A full charge takes about an hour and will last 10 – 30 days.</p> <p>If it is fully dead, wait 2 minutes of charging to see blue flashing light.</p> <p>If you charge before the battery goes totally flat, you will not lose your settings.</p>	
Setting the time	
<ol style="list-style-type: none"> <li>1. When the screen is black, press the top button once to display the time.</li> <li>2. Hold down the top button until the hours flash.             <ol style="list-style-type: none"> <li>a. Press the top button to increase the hours or bottom button to decrease the hours.</li> </ol> </li> <li>3. Once the hours are correct, hold down the top button to change minutes.</li> <li>4. Once minutes are correct, hold down the top button to change to 24 hour clock (5 pm = 1700) or 12 hour clock (5 pm shows as PM )</li> </ol>	
Functions	
<p>There are two ways the watch functions, which is totally up to you. You can always try one and then change if you like.</p> <ol style="list-style-type: none"> <li>1. Alarm. Setting the alarm for set times of day. Eg: 10 am (morning tea time), 12 midday (lunch), 2 pm Afternoon tea</li> <li>2. Timer. You can set the timer to go at certain time intervals. Eg every 2 hours.</li> </ol>	
Alarm Setting	
<p>The alarms go off at regular times of day eg 10 am, 1 pm, 3 pm and 5.30 pm. (Morning teatime, lunch time, afternoon teatime and dinner).</p> <ol style="list-style-type: none"> <li>1) Press the top button 3 times. <b>ALM</b> will display.</li> <li>2) Press the top button again to cycle through all 15 alarms. You can change the times (see below) and decide which ones you will have turn on. Eg you may just have 4 a day set and turned on.</li> <li>3) To set Alarm:             <ol style="list-style-type: none"> <li>a) Press the top button again to set first alarm.</li> </ol> </li> <li>4) Change alarm times:             <ol style="list-style-type: none"> <li>a) When alarm time displays, hold down the top button until hours flash.</li> <li>b) Press the top button to increase the hours or the bottom button to decrease the hours.</li> <li>c) Hold down the top button until the minutes flash. Press the top or down button to increase or decrease the minutes.</li> </ol> </li> <li>5) Turn individual alarms on or off:</li> </ol>	<p>Alarm 1 is set for 2.10 pm</p>  <p>Alarm 1 is on.</p>

- a) When the screen is off. Press the top button repeatedly until you see the time of the alarm you want turned on or off.
- b) Press the bottom button to see A#ON or A#OF



**Alarm notes:**

- 1) Alarm one has a longer, 60 second vibration. This is great for a wake-up alarm. The other alarms are 30 seconds long.
- 2) The vibrations can be stopped immediately by pressing any button.
- 3) Alarms automatically repeat each day.
- 4) When the alarm goes off – the vibrations and flashing watch face act as a reminder to go to the toilet.

Alarm 2 is off



**Timer Setting**

(The timer goes off in regular intervals. Eg every 30 minutes or every 2 hours)

When the screen is off, press the bottom button repeatedly to display **Cdn**

If you cannot see **Cdn**, you may have the alarm on. You need to turn the alarm off before you can set the timer.

- 1) Periods of time will show each time you press the bottom button. 1 minute, 5 mins, 20 mins, 30 ins, 60 mins, 90 mins, 120 mins, 180 mins
  - a) When you reach your desired time interval, hold down the bottom button until **ON** appears.
  - b) To turn off that interval, hold down the bottom button until **OFF** appears.



**Lock Screen**

To lock the screen so your child cannot change the settings.

- 1) Lock: Press the top button to go into the TIME screen. Hold down the bottom button for 5 seconds to lock the screen.
- 2) Unlock: Press the top button to go into the TIME screen. Hold down the button for 5 seconds in "TIME" screen to unlock.

**General Notes**

- 1) Only when you press the top button, will the watch be lit and show the time. This means the battery charge will last a lot longer.
- 2) The watch can handle some water play, splashes when washing hands. But – it is not fully waterproof so cannot be submerged in water.
- 3) To check the time, press the top button once.
- 4) To check the battery level in timer mode, press the top button three times. To check the battery any other time, press the top button twice.
- 5) Mute on:
  - 1) This will temporarily deactivate all set alarms. Hold both buttons together for 3 seconds until **SIL** (silent) shows.
- 6) Mute Off:
  - (a) Hold both buttons for 3 seconds to reactivate all alarms. **VIB** (vibrate) will show

**Battery Level**



This means 80% charged

If you have any suggestions to ass to this list, or something isn't clear, please let us know. [Diane@BrollySheets.com](mailto:Diane@BrollySheets.com)