



## A PROVEN TOOL TO INCREASE SELF-REGULATION

A recent study conducted by the Department of Exceptional Student Education at Florida Atlantic University found that children ages 2-4 years old showed a significant increase in self-regulation skills when the Time Timer® was used to facilitate their activity. The children, who were at risk of developmental delays, were observed performing typical individual or group activities such as reading picture books or playing with blocks. When a Time Timer® was utilized during their activity, each child's accuracy and engagement in the activity increased dramatically.

### POSITIVE IMPACT ON ALL CHILDREN

"Learning to use the timer to self-regulate had a **positive impact on all of the children's engagement** in the play and activity centers."

### INCREASED ENGAGEMENT

"All children showed a **dramatic increase in activity engagement** while using the Time Timer."

### INCREASED INDEPENDENCE

"All students **increased their accuracy and independence** in performing the new self-regulation skill, and increased their play and early literacy engagement in classroom and public settings."

Kalynn Hall Pistorio, Michael P. Brady & Cindy Morris (2017): Using literacy-based behavioural interventions to teach self-regulation skills to young children, *Early Child Development and Care*, DOI: 10.1080/03004430.2017.1406483

