



Calm Timer

A gentle guide for parents of young children

What this is for

Calm Timer is a simple way to handle big feelings with more calm and less stress. Instead of arguing in the moment, everyone knows what will happen ahead of time. That predictability helps children settle more quickly — and helps parents stay steady too.

The ideas behind Calm Timer

- Clear expectations help children feel safe.
- Consistency builds trust — the timer is neutral.
- The focus is learning to calm down, not punishment.
- No shouting, warnings, or counting down.
- Parents and children agree the plan together.

Step 1: Set time bands and outcomes

Before using the app, decide on time bands and what happens in each one. They should feel fair, realistic, and suited to your child.

- **Green:** settles within a short, achievable time.
- **Orange:** takes a bit longer to calm down.
- **Red:** takes longer than the agreed time.

Try to make Green feel like a reachable win.

Orange is not ideal, but okay.

Red simply signals that more support or a stronger response is needed.

Choosing outcomes

Outcomes work best when they are clear, kind, and something you can follow through on every time.

- **Green:** praise, a sticker, or small reward.
- **Orange:** a mild, agreed consequence (e.g. less screen time).
- **Red:** a bigger, agreed consequence (e.g. missing a special activity).

Step 2: Talk it through

Have this conversation when everyone is calm. Keep your tone warm and reassuring.

“When things start to feel too much, I won’t shout. I’ll press Start. When your body and voice are calm again, I’ll press Stop. You’re in charge of getting calm — and I’ll help you if you need it.”

Explain Green, Orange, and Red, and what happens in each.

Once the app shows the result, you both stick to what was agreed earlier.

Step 3: Use it in the moment

- Press Start when emotions rise.
- The timer moves through Green → Orange → Red.
- Press Stop when your child is calm.
- Follow through calmly, without lectures.

Step 4: Review and gently move on

This is a short-term support. As your child learns to calm themselves, use the timer less and rely more on quick check-ins.

A final word: Progress doesn’t have to be perfect. Small steps matter. Staying calm and consistent is more important than getting it right every time.