OK TO WAKE!®

How does the magical green light work?

Parents set the timer for the green light, choosing the time they feel is appropriate for their child to get out of bed. It's not an alarm, so they can sleep later if needed. The "green light time" is simply the time they are allowed to get out of bed.

How do you teach children to understand the green light?

Overall, it's important that children understand that "green means go!" Let them know that if they wake up in the morning and look at their clock and it's NOT green, that means they need to go back to sleep or stay quietly in bed. When the light turns green, that means they can come and find you to start the day! Children love the feeling of accomplishment that comes with completing a task!

Helpful hints on your OK to Wake! journey...

Each child is unique, and parents know best how to communicate and teach their children, but we have gathered some tips from parents who have used the OK to Wake! clocks successfully, so we'll share them with you!

· When you first get your clock, boast it as a gift for your child and show excitement when opening the box together and choosing which face plate to display on it!

· Show your child how the clock works—it tells time, has a yellow night-light for bedtime, and... the green light!

· Explain how the special green light works, and that it's special because your child gets enough sleep to be able to play and be happy during the day, and it will make you happy because you will get the sleep that you need, too!

· In the beginning, you'll need to remind your child every night at bed about the green light. Discuss what your child could do if they wake up before the light is green. Suggest going back to sleep, playing with a quiet toy, etc.

· Because you set the green light, you know what time it will turn on. Avoid going in your child's room and waking them up before that time, so they get used to the idea of the green light indicating it's OK to get up.

· Praise, praise, praise your child when they do a good job and wait for the green light to get up!