

7 Master Time Management with Your Child in 7 Steps

1 BECOME A TIME DETECTIVE

Goal: Make time visible and feel-able

- Try This: Use a visual timer for any 10-minute activity (reading, cleanup, drawing)
- Parent Script: "Let's watch time move together! See how the colors change?"
- Mastery Marker: Your child can feel the difference between 5 and 15 minutes

2 MASTER TASK BREAKDOWN

Goal: Turn overwhelming tasks into manageable pieces

- Try This: Take any homework or chore and break it into 3 micro-steps
- Parent Script: "Let's build a staircase to success, each step gets us to the top!"
- Mastery Marker: Child automatically asks "What are the steps?" for big tasks

3 CREATE VISUAL ROUTINES

Goal: Replace nagging with independent systems

- Try This: Make a picture checklist for one routine (morning, homework, or bedtime)
- Parent Script: "You're the boss of this routine! Check off each step as you go."
- Mastery Marker: Child follows routine with minimal reminders

4 LEARN THE POWER OF 3

Goal: Focus energy on what matters most

- Try This: Start each day/homework session by identifying "3 most important things"
- Parent Script: "When we know what matters most, everything else becomes easier."
- Mastery Marker: Child can prioritize without getting overwhelmed by long lists

5 SMOOTH TRANSITIONS

Goal: Move between activities without stress or resistance

- Try This: Give 5-minute warnings before every transition using a timer
- Parent Script: "In 5 minutes we're switching. What do you need to finish?"
- Mastery Marker: Transitions happen cooperatively with less conflict

6 BUILD TIME INTUITION

Goal: Develop internal sense of how long things actually take

- Try This: Before any task, guess the time needed, then measure actual time
- Parent Script: "You guessed 5 minutes, it took 8! Great learning about time."
- Mastery Marker: Time estimates become more accurate with practice

7 BECOME FAMILY PLANNERS

Goal: Share ownership of family schedules and time

- Try This: Weekly planning sessions where everyone contributes to the family calendar
- Parent Script: "You have a voice in our schedule. What's important to you?"
- Mastery Marker: Child feels prepared and helps with family time management

Success Factors



One step at a time. Master each before moving forward

Practice together. Model the skills you want to see

Celebrate progress. "I love how you broke that down into steps!"

Stay flexible. Some steps may take longer to master than others

Make it fun
Learning works best when it feels like play



These steps create the foundation for lifelong time management skills. If your child needs more personalized support or you want to explore deeper executive function development.

Visit: www.thenicemovement.com

Discover: ThinkVisual™ Executive Function Coaching

