

VibraLITE can help with BEHAVIOR MODIFICATION:



In the effort to change behavior and teach acceptable behavior, Positive and Negative Reinforcement is used. “*VibraLITE*” watch is a tool that is there to help you be consistent with timing and alerting. Use it to be reminded to maintain established routines/structure, for timing “chilling out periods” or timing removal of privileges. Often we are so busy that we need to be reminded to spend daily quality time with the person that we are working with as part of the program. “*VibraLITE*” will give you all the reminders that you need. The benefit of vibration alarms allows you to be reminded without alerting anyone else if you wish to select the vibration alarm feature rather than the audible alarm.

Set the Countdown Timer for the recommended duration of the “time out” and the Vibrations on the wrist will alert you that this consequence is finished. The preset time will remain stored using the Auto Repeat on “*VibraLITE 3*” and “*VibraLITE 8*” and can be used again for that preset “time out” period by pushing the Reset button at a later time as required with no need to reset the original time. When removal of privileges is necessary as a consequence, using the countdown timer makes it easy to know when the amount of time is up. (i.e. Minutes of play time, TV Time, Video Time that are taken away) By using this simple way of keeping track of time, you won’t need to keep on watching the clock. The Countdown Timer on “*VibraLITE 3*” and on “*VibraLITE 8*” will provide you with a short one-second reminder at 10 minutes and again at 5 minutes before zero. This little silent reminder is very often helpful. On “*VibraLITE 8*” you can set this reminder feature to ON or OFF as you prefer.

On “*VibraLITE 3*” you can preset 2 alarms for daily reminders such as the reminder to take that special time for spending quality time with the person you are working with. The alarm(s) will alert you each day at your preset times. On “*VibraLITE 8*” you can preset up to 8 alarms for daily variable reminders. These alarms can be preset for any reminders during the day that you may need. (i.e. wake up, snooze, appointments, being on time, etc.)

Use the hourly alert feature if you want a quick reminder that is a short -1 second Vibration that will repeat every hour on the hour.

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