



# rubato

## Rubato for the Parent, Teacher , Coach , Therapist

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Rubato for The Parent, Teacher, Coach, or Therapist who needs to teach the important lessons of Time Management, Decision Making, and Delay of Gratification to a younger individual.

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The Special Education Teacher or Therapist who needs to take the extra step by using an interactive visual format that demonstrates the passage of time while concretely showing the cause-and-effect relationship within behavior choices.

It is very difficult for a Parent, Coach, Therapist, or Educator to explain to a younger individual the important lessons of how to manage one's time so to get what is required out of the way in order to have the time to truly enjoy what is more preferred. And this difficulty only gets more complicated if the Learner has Executive Functioning challenges and/or Special Needs. With rubato the Learner experiences the lessons of prioritizing and time management for him or herself. The Learner experiences how certain choices directly lead to tangible benefits in earning more time for preferred activities as well as the burden of having less time to do the things he or she really wants to do.

Delay of Gratification is an essential skill within effective Time Management. rubato can be an important tool in setting the parameters to promote Delay of Gratification while encouraging the development of Executive Functioning around Time Management.

Rubato helps the user keep track and manage time by offering a constant, color-coded visual representation of the passage of time around their schedule of activities--all in real time through the use of an analog clock format.

Unlike simple timers that operate within a time vacuum (egg timers, digital timers, and timers that show time elapsing visually via red dial or other means), rubato operates in real time.

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With rubato the person sees time elapsing visually within actual time, allowing them to learn how to operate within a typical hour or set of hours.

As a Board Certified Behavior Analyst and Licensed Family Therapist, I have worked with a number of families on the day-to-day challenges of Parents trying to get their children to “hurry up” and start and finish a variety of required actives. Morning Routines, Bedtime Routines, Homework, Chores, etc. can all be time-sensitive situations that often require the Parent to constantly “push” their child through the demands. By getting pushed, carried, or eventually rushed through a series of required activities, the Learner becomes frustrated in acquiring the necessary skills of learning to manage his or her time, to make better choices, and to eventually take over managing time for themselves. rubato to the rescue!



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