Getting Started

Congratulations! With My Tot Clock, you and your child are on your way to better sleep!

Please retain this User’s Guide for future reference.

Try Me Feature
To exit “Try Me” mode, hold the Current Time and the Encourage Duration buttons together for 5 seconds. Wait for the beep before continuing in “Normal” mode.

The Try Me Feature uses demonstration batteries. For best results, replace the batteries included with 4 new batteries.

Battery Replacement
1. Locate the battery compartment on the back of My Tot Clock.
2. Use a Phillips screwdriver to loosen the screw in the battery compartment. Remove the batteries and dispose of them properly.
3. Insert 4 “AA” alkaline batteries as shown inside the compartment.
4. Replace the battery compartment door. Tighten the screw with a Phillips screwdriver. Do not over-tighten.
5. Parents should replace the batteries when the lights begin to dim or flash.

AC Power
My Tot Clock runs on AC Power or Batteries. Be sure to plug in the Power Adapter (included) to save batteries whenever possible.

Battery Safety
• Do not mix old and new batteries.
• Use only batteries of the same or equivalent type as recommended: alkaline, standard (carbon-zinc) or rechargeable (nickel-cadmium).
• Insert batteries as indicated inside the battery compartment.
• Remove exhausted batteries from the product. Dispose of batteries properly. Remember to protect the environment.
• Remove batteries during long periods of non-use.
• Do not dispose of batteries in fire. They may explode or leak.
• The supply terminals are not to be short circuited.
• Do not charge non-rechargeable batteries.

Helpful Hint: My Tot Clock automatically switches to Battery power when not plugged in. Disconnected mode is great for travel, timeout, or encouragement time. Batteries will also keep the clock operational and shining bright during a power outage!

My Tot Clock functions off the digital clock located on the back, but has a large, easy-to-read analog clock on the front. Both clocks must be set separately.

Analog Clock
Use the Analog Clock Setting Wheel on the back of the clock to manually set the time on the front of the clock. Turn the wheel clockwise until the Current Time is set.

Digital Clock
Setting the Digital time on the back of the clock is easy! Simply hold down the White Current Time button, while using the Up and Down arrow keys to set the Hour and Minute.

Once set, the Analog Clock and the Digital clock will remain in-sync.

Helpful Hint: The Hour and Minute arrows can be held down to quickly add or subtract time.
Setting Bed Time & Nap Time

Set Bed Time & Nap Time Sound Options
Insert a Tot Clock Treasure cartridge to make the Sleep Routine more enjoyable! My Tot Clock can play a Story, followed by Lullabies and even White Noise. Pick the sleep settings that work best for your child.

1. Story: To play a Story for Bed Time and Nap Time, set the switch to the Story position. A story will automatically play when the sleep routine starts. Set the switch to Off if a Story is not desired.
2. Music: To play soothing Lullabies, set the switch to the Music position. Lullabies will automatically play for approximately 30 minutes when the Story completes (if story selected) or immediately (if story is not selected).
3. White Noise: To play White Noise, set the switch to White Noise. Music will play for approximately 30 minutes, followed by White Noise through the remainder of the night.
4. Set Nap Time (or Quiet Time) can start Any Time! Simply hold down the Nap Time button on the top of the clock for 5 seconds. The clock face will turn Light Blue and the Story or Sleep Music (if selected) will start.

Helpful Hint: When the Blue Light turns on, give a goodnight kiss and leave the room. Your child will enjoy the extra Bed Time Story and Lullabies!

Helpful Hint: When first using My Tot Clock, set the Wake Time to your child’s normal Wake Time and set the Wake Music to play. When your child wakes in the morning to the Yellow Light and Fun Music, give lots of praise! Once your child is comfortable with their new Tot Clock, you can add time (if desired). You can also turn Off the Music option so that your child wakes up naturally (if desired). If your child must wake up at a specific time each morning, continue to play the Wake Music (like an alarm clock).

Setting Wake Time

Set Wake Time Sound Options
Insert a Tot Clock Treasure cartridge to make the Wake Routine more enjoyable! My Tot Clock can play a fun Wake Song when the Yellow Light turns on.

1. Music: To play Wake Music (like an alarm clock), set the switch to the Music position. A fun Wake Song will automatically play when the Yellow Light turns on. Set the switch to Off if Wake Music is not desired.
2. Set Wake Time
Setting the Wake Time is easy! Simply hold down the Yellow Wake Time button, while using the up and down Hour and Min arrow keys to set the Wake Time. The light will automatically turn Yellow and the Music will start (if selected) when Wake Time = Current Time. To manually start the Wake Time routine, hold down the Yellow button on the top of the clock for 5 seconds.

Note: To quickly turn off the Wake Music, simply press the Yellow button on the top of the clock (like a snooze button).
Setting Encouragement Time

Set Encouragement Time
Setting the Encouragement Time is easy! Simply hold down the **Green** Encouragement Duration button, while using the up and down Hour and Min arrow keys to set the Duration.

Start Encouragement Timer
Click on the **Green** button on the top of the clock to activate the Encouragement timer. The **Green** light will immediately turn on.

The Encouragement feature is designed to be activated with the click of a button so that your child can start the Encouragement activity on their own. The full Duration must complete before the Encouragement time is over and the **Green** light returns to **Yellow**.

Note: Encouragement Timer cannot be activated during Bed Time or Nap Time.

Helpful Hint: The Encouragement timer is great for Potty Training (sit on the potty for 1 minute), Teeth Brushing (brush your teeth for 2 minutes), Sharing (one child plays with the toy for 5 minutes, then switches with the other child), Getting Ready (5 minutes to get dressed), Reading (read for 10 minutes), or when Mommy has to make a 5 minute phone call!

Setting Discipline Time (Timeout)

Set Discipline Time
Setting the Discipline Time is easy! Simply hold down the **Red** Discipline Duration button, while using the up and down Hour and Min arrow keys to set the Duration.

Start Discipline Timer
Click on the **Red** button on the top of the clock to activate the Discipline timer. The **Red** light will immediately turn on.

The Discipline feature is designed to be activated with the click of a button so that your child can start the Timeout activity on their own. The full Duration must complete before the Timeout is over and the **Red** light returns to **Yellow**.

Note: Discipline Timer cannot be activated during Bed Time or Nap Time.

Helpful Hint: The Timeout Duration should be age-appropriate. The rule of thumb in “Mommy Circles” is one minute per year. For example, a 2-year old should receive a 2-minute Timeout, a 3-year old should receive a 3-minute Timeout, etc.
Each Tot Clock Treasure comes with a great Story (approximately 8 minutes) plus soothing Lullabies, a fun Wake Song, and even White Noise! To switch cartridges, simply remove the cartridge in the Tot Clock Treasure slot and replace with a new cartridge. Make sure the new cartridge is pushed in all the way.

Allow your child to choose his or her favorite Tot Clock Treasure as a special treat for going to bed on time and staying in their bed until the yellow light turns on!

Tot Clock Treasures are available from authorized retailers or at [www.mytotclock.com](http://www.mytotclock.com). Here are a few examples!

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### Other Features

**On / Off Button**

To turn My Tot Clock OFF, hold down the On/Off button for 5 seconds. The color and sound functions will be disabled, but the Analog and Digital Clocks will still keep time.

To turn My Tot Clock ON, hold down the On/Off button for 5 seconds. The clock will turn on, and the Sleep and Wake Routines will continue as set.

**Reset Button**

To reset the My Tot Clock time settings back to the original default values, use a pin to press the Reset button and hold for 5 seconds.

**Blue Light Dimmer**

My Tot Clock has 5 illumination levels for the Bed Time Blue light. Select the level that is most soothing for your child.

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**Helpful Hint:** If My Tot Clock begins to function in unexpected ways, disconnect from AC Power and remove the batteries for 30 seconds. This will restart the microprocessor, which is similar to restarting your computer. Note: The analog clock and digital clock values will need to be reset.
Product Care
Wipe product gently with a clean cloth dampened with a mild soap. Do not submerge product into water. Keep product away from direct heat.

Product Warranty
Money Back Guarantee: We are so confident that your child will be sleeping better in 30 days that we offer a 100% money back guarantee. Contact csc@whitedoveinnovations.com for more information.

Manufacturer Warranty: This product carries a one year limited warranty. Negligent abuse of the product voids this warranty. Contact csc@whitedoveinnovations.com for more information.

Product Safety
My Tot Clock complies with all applicable government safety regulations and conforms to ASTM F963 requirements for Toy Safety.

FCC Statement (United States Only)
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Consult the dealer or an experienced radio/TV technician for help.

Note: Changes or modifications not expressly approved by the manufacturer responsible for compliance could void the user’s authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation.

Change the face, not the clock!
To replace the Faceplate, use the thumb groove to remove it. Align the pins on the new Faceplate to the holes on the front of My Tot Clock and press firmly.

Tot Clock Faceplates are available from authorized retailers or at www.mytotclock.com. There are several great designs to choose from!
Handy” handle perfect for little hands.

Encouragement and Discipline Timers are activated with the click of a button.

Timeslots and Timers are as easy to set as setting an alarm clock.

Blue Light makes a great nightlight with 5 levels of illumination.

Lullabies automatically shut off after 30 minutes. White Noise plays all night if selected.

“Override buttons manually start sleep and wake routines when “life happens!”

Setting the automatic sleep and wake routines is quick and easy!

Tot Clock Treasures play bedtime stories, lullabies, fun wake songs, and even white noise!

Different volume settings available for wake songs, bedtime stories, and lullabies.

Clock runs on AC power or batteries. Great for travel!