



Daylight Savings

When the clocks are changing in Spring, most parents want to get their kids as fast as possible back to their usual bed- & wake up time, so everyone gets the sleep they need & deserve.

While older children and adults usual are coping quite well with the clocks changing 1 hour forward, babies (especially after the newborn stages) and younger children can struggle. After all, a change of our biological clock is required, once daylight saving comes around as our circadian rhythm is quite robotic.

To support your child through the change ahead, I am recommending a gradual change over 7 days, as the majority of children don't adjust in just one night (while some do, so it totally depends on your individual situation!)

A few handy tips to support the transition ahead:

- * Darken your child's room for all naps and night sleeps, so they are not getting woken/ being kept up by daylight
- * Expose them immediately to light once they are awake
- * Put your clock forward Saturday night before you go to bed
- * For parents with babies who are having a milk feed in the morning: Try and adjust the routine from the first feed of the day by 15 mins each day.

START OF DAYLIGHT SAVINGS			
Pro-Active Approach			
DAY	WAKE UP	NAPS & FEEDS	BEDTIME
Monday/Tuesday	6.45am	15 min earlier than usual	6.45pm
Wednesday/Thursday	6.30am	30 min earlier than usual	6.30pm
Friday/Saturday	6.15am	45 min earlier than usual	6.15pm
Sunday	7am	Back on track ☺	7pm

Depending on your life-style either the pro- or re-active approach might fit your family best...

...and sometimes it just creeps up on you so quickly, adjusting your routine in hindsight is the easier choice.

START OF DAYLIGHT SAVINGS			
Re-Active Approach			
DAY	WAKE UP	NAPS & FEEDS	BEDTIME
Monday/Tuesday	7.45am	15 min earlier than usual	7.45pm
Wednesday/Thursday	7.30am	30 min earlier than usual	7.30pm
Friday/Saturday	7.15am	45 min earlier than usual	7.15pm
Sunday	7am	Back on track ☺	7pm