

THE CLOCKS ARE SPRINGING FORWARDS

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The clocks in the UK are going **FORWARDS** an hour on **Sunday 27th March** so we lose an hour of our Sunday. There is always a worry that any time change can unsettle your little ones sleeping, so to keep it simple (we all know I like to keep things as easy and straight forward as possible) here are some tips on how you can help your little person to adjust.

1. FIRSTLY- STICK TO YOUR USUAL ROUTINE

To start with always stick to your normal routine, just at the adjusted time. Remember, unless you have an older child your baby and toddlers can't tell the time so by keeping everything as usual, they will be able to go with the flow and with that some children don't even notice the time change in their 24 hour routine, often we find our children are a lot more adaptable than we realise. Important- follow the new time on the clock, don't keep diverting back to yesterday's time and wake your child at their usual time if you need to to keep timings on track.

2. PUT YOUR CHILD TO BED AN HOUR EARLIER

If your child's bedtime is normally 7pm, on Saturday night put your child to bed an hour earlier to make 6pm their bedtime for that one night only. When the clocks change in the night, you lose an hour and ideally your child will wake at their usual time (i.e. 7am.) Then, on Sunday night just continue with your 7pm bedtime by the new clock time. Remember to adjust dinner on the Saturday night and have it a little earlier. You can do this halfway if you'd rather and put your little person to bed at 6.30pm so it's not such a big change.

3. THE GRADUAL APPROACH

Move your child's bedtime in 15 minute increments over the four days ahead of the clock change. The gradual approach works like this assuming usual bedtime is 7pm:
Wednesday night bedtime is 6.45pm
Thursday night bedtime is 6.30pm
Friday night bedtime is 6.15pm
Saturday night bedtime is 6pm. (Then the clocks go back in the middle of the night)
Sunday night bedtime is the new 7pm. Remember to adjust naps and meal times each day 15 minutes earlier too.

4. THE DO NOTHING ROUTINE

If you feel your child can be quite flexible and generally they don't need their routine to be too rigid or it's you who's more happy to go with the flow then you might choose to not do anything in the build up to the clock change. Simply wake on the Sunday with the new time and carry on as usual with the new time.

Whatever you decide, any clock change effects are usually pretty short lived, especially if us as parents are calm and confident about it. For any further advice or any sleep help then please get in touch lucy@daysanddreams.co.uk