swellbeing
parent resource

www.swellbeing.com

We all know how important it is for babies and children to get the sleep they need. Sometimes we just need a little help figuring it all out.

Daylight Savings Sleep Tips

November 1, 2009

Q: How do I get my child back on track after daylight savings?

A:

1. Put your child(ren) to bed on Saturday night at the regular time.
2. Wake up with your child at his/her normal wake up time on Sunday morning.
3. Now change your clocks back one hour.
4. Put your child down for his/her first nap at the regularly scheduled time per the clock (which will mean they are awake a full hour longer during this window and may need help to stretch). Going outside and getting lots of sunlight and fresh air is a great way to keep kids awake when you are stretching them!
5. Follow the clock for naps and bedtime from here forward. It can take a few days for your child to fully adjust, so be patient AND consistent!

info@swellbeing.com | 212.924.1913