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Daylight Saving Tips and Tricks

It's that time of year...the leaves are falling, the weather is changing, and the end of Daylight Saving Time is JUST around the corner!

No need to panic, [Slumberland Solutions](http://www.slumberlandolutions.com) can help get you and your family back on a healthy sleep routine within days!

Here are some tried and true tricks to helping your little ones adapt to the time change, and if you plan ahead, there won't be any fuss when you "Fall Behind". However, if you are not one to plan ahead, that is ok too! Just use these tips and tricks and your little one will be on track within days.

Plan Ahead Plan:

Start 1 week BEFORE Daylight Saving Ends /1 week BEFORE we "Fall Behind". With this method, you will start to push naps and bedtime later by 15 minutes every few days.

For example, if bedtime is at 7:00 PM, and naps are at 10:00 AM and 2:00 PM, you will push naps and bedtime by 15 minutes:

Sunday and Monday: Nap 1 at 10:15 AM
Nap 2 at 2:15 PM
Bedtime at 7:15 PM

Tuesday and Wednesday: Nap 1 at 10:30 AM
Nap 2 at 2:30 PM
Bedtime at 7:30 PM

Thursday and Friday: Nap 1 at 10:45 AM
Nap 2 at 2:45 PM
Bedtime at 7:45 PM

Saturday (Night of DST ending) Nap 1 at 11:00 AM
Nap 2 at 3:00 PM
Bedtime at 8:00 PM

Sunday Morning **You will be back on your original schedule:**
Nap 1 at 10:00 AM
Nap 2 at 2:00 PM
Bedtime at 7:00 PM

Catch Up Plan:

Well, all great plans do have some glitches. If you forgot to plan ahead, or you were not able to push naps and/or bedtimes consistently during the past week, never fear, there is a solution! Just start the DAY when Daylight Saving ends (Sunday).

For example, if bedtime is at 7:00 PM and naps are at 10:00 AM and 2:00 PM, you will start everything **1 hour earlier (6:00 PM)** the first couple of days and push your times up in 15 minute increments.

CLOCKS HAVE ALREADY CHANGED:

Sunday and Monday Nap 1 at 9:15 AM
 Nap 2 at 1:15 PM
 Bedtime at 6:15 PM

Tuesday and Wednesday Nap 1 at 9:30 AM
 Nap 2 at 1:30 PM
 Bedtime at 6:30 PM

Thursday and Friday Nap 1 at 9:45 AM
 Nap 2 at 1:45 PM
 Bedtime at 6:45 PM

Saturday and on Nap 1 at 10:00 AM
 Nap 2 at 2:00 PM
 Bedtime at 7:00 PM

Back on your original schedule!

It is important to remember that every child is different and sometimes you may not need to make the time adjustment. Sometimes children adapt naturally and sometimes their bodies prefer the earlier time. As always, you need to do what works best for you, your family and how your baby is reacting. Trust your Mommy Instincts; it is very rare that your instincts will be wrong.

However, if after a week or so, your baby is fussy and not sleeping well, try the tips above and see if you can get back on a healthy sleep routine.

Healthy Sleep Environment:

A big part of helping your babies and toddlers start a healthy sleep routine includes a healthy sleep environment. Don't forget to include these tips to help keep your baby's routine on track, especially during Daylight Savings.

- Use Black Out Shades or another dark window covering to keep the natural light out as long as possible.
- If your baby wakes before your desired wake time (DWT), try to delay him by using a gentle soothing technique.
- Break the "wake to feed" habit by not feeding as soon as baby wakes.

Sweet Dreams from [Slumberland Solutions!](http://www.slumberlandolutions.com)