



How to survive the end of daylight savings – November time change

If you are like me you used to LOVE getting that extra hour of sleep when daylight savings ended each year. But now that you have a baby or toddler, your viewpoint has changed....right?

Clocks fall back on Sunday, November 5 this year. Here are some tips to survive the upcoming time change:

1. Make sure you plan ahead and look at the calendar to see when daylight savings ends. I did that for you – November 5, 2017. 😊
2. Black out curtains/blinds are a MUST to help prevent morning light from sneaking into your baby's room at 5am.
3. You will need to adjust your baby's internal clock. Starting ideally 5 days prior you will begin shifting your baby's schedule in 10 minute increments. This means....
 - a. Put baby down for bed at night 10 minutes later (see below for sample schedule)
 - b. Push out naps each day by 10 minutes
 - c. If baby is fussy, try to comfort by singing, reading a book, extra snuggle time or starting bedtime routine 10 minutes later.

Let's say you are on a 7pm/7am schedule. Beginning this Tuesday, you will begin adjusting bedtimes to be similar to this (adjust daytime naps by 10 minutes each day too):

Tuesday, October 31 – 7:10pm bedtime

Wednesday, November 1 – 7:20 bedtime

Thursday, November 2 – 7:30pm bedtime

Friday, November 3 – 7:40pm bedtime

Saturday, November 4 – 7:50pm bedtime

*Sunday, November 5 (first day of time change) – 7pm bedtime (old time would be 8pm)

Some things you may notice the first week of the time change:

- Baby/toddler may start yawning, rubbing eyes, or getting fussy around 6pm.
- Your baby may wake up earlier (6am or earlier) the first few days. This is why black out blinds, and keeping room dark is essential. Do your best not to go in before 6:30am. Give your baby time to fall back to sleep on their own if they wake up earlier.

Most of all – hang in there. Adjusting to daylight savings whether spring forward or fall takes 5 – 7 days on average for children.

If you find that you need additional help with your baby or child's sleep troubles contact me at pediatricsleepcoach@gmail.com or visit my website at www.pediatricsleepcoach.com.

*Medical Disclaimer

The information/advice/ provided during this consultation is **not medical advice**. Reliance on the advice is solely at your own risk. The advice is for informational purposes only and is intended for use with common sleep issues that are unrelated to medical conditions. The information provided is not intended nor is implied to be a substitute for professional medical advice. Always seek the advice of your physician with any questions you may have regarding a medical condition or the health and welfare of your baby, and before following the advice or using the techniques offered in this consultation. Also, it is always best to follow sleep recommendations according to the SIDS campaign. In no event will Desiree Baird be liable to you for any claims, losses, injury or damages as a result of reliance on the information provided.

Copyright ©2017 Desiree Baird, Pediatric Sleep Consultant, All rights reserved. No part of this publication may be reproduced, republished, or transmitted in any form or by any means for commercial use, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher. Any passing of any information to anyone is strictly forbidden and subject to International copyright laws.