



# ADJUSTING TO THE END OF DAYLIGHT SAVINGS

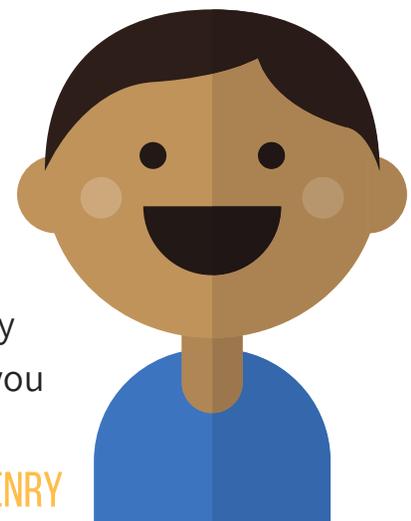
## INTRODUCTION

The ending of daylight savings tends to lose its appeal when you are a parent of young children. It no longer results in an extra hour of sleep under the warmth of the covers. As a parent of young children, it can now mean having to drag yourself out of bed even earlier than you normally would. In autumn, the ending of daylight savings means that if a child was going to bed at 7:00pm, once the clocks are turned back bedtimes is moved up to 6:00pm. An earlier bedtime doesn't sound so terrible to most parents – in fact, it probably sounds quite appealing. But, this earlier bedtime can also result in your children waking an hour earlier and, for those of us who already have early risers, this is where the problem can appear. For example, 6:00am now becomes 5:00am which can be unbearable for some and make for a very long day.

Here are a few tips to cope with the daylight savings (and preventative strategies for future time changes associated with daylight savings or travelling). There are generally two approaches I would suggest to handle this type of transition with children.

## COLD TURKEY

The cold turkey approach essentially involves putting your child to bed an hour later than their normal bed time (on the eve of daylight savings) and, if they do wake up earlier than usual in the morning, continue with your daily routine following the clock (at its new time). This may mean that you need to be firm and have your child stay in bed for longer than normal in the morning which isn't always easy. So, this approach often works well with older children. You may be happily surprised to see that on morning one your child actually sleeps to a reasonable hour. You might think that you are good to go but you may then go on to see a setback on day two. Steady improvement will start to be seen in the days following if you are committed to adjusting your routine to the new time.



MARIBETH HENRY

## GRADUAL

The gradual approach can be used before or after daylight saving occurs depending on what works best for your family. Over a period of four days, prolong your child's bedtime by 15 minutes each night. Each morning you will need to also extend your child's wake up (or time to get up and start the day) by 15 minutes, as well as, altering your usual daily routine by 15 minutes each day. By the fourth day, you will be at your target bedtime. It may still take another few days to allow your children's system to completely adjust to this new time; however, you will have eliminated the overtiredness that you may have otherwise been without following such a plan. The gradual approach is somewhat gentler and tends to work well with babies and toddlers.

## CONCLUSION

With both methods, patience is the key and it will help to keep in mind that change to a child's sleep patterns and general routine usually takes 3 to 4 days to implement and before consistency begins to be seen. Which method you will choose to follow with your children? I would love to hear how things go for you on your chosen method. Sleep well.



## INFANTS & TODDLERS

There is nothing more frustrating as a parent than when you finally manage to get your child into a great sleeping routine, they're waking at a respectable 7am, and then suddenly find that due to daylight savings your child's wake time suddenly becomes 6am!

DAY	DAILY ROUTINE	BEDTIME
Wednesday	Usual sleep & feed times	7:00pm
Thursday	Sleep & feed times 15 mins later, e.g first feed at 7.15am not 7am.	7:15pm
Friday	Sleep & feed times 30 mins later, e.g first feed at 7.30am not 7am.	7:30pm
Saturday	Sleep & feed times 45 mins later, e.g first feed at 7.45am not 7am.	7:45pm
Sunday	Wake your child at 7am (new time), then back to your usual routine for sleeps & feeds	7:00pm (new time)