

Spring

TIME CHANGES



WELCOME!



The practice of changing clocks forward in the spring and back in the fall, known as Daylight Saving Time (DST), has historical roots and was implemented to make better use of daylight during different seasons.

William Willett is often credited with advocating for DST. In 1907, Willett proposed advancing the clock during the summer months to increase daylight hours for outdoor activities and reduce energy consumption. Germany was the first country to implement DST on April 30, 1916, during World War I to conserve resources for the war effort. It then became global practice.

While many people have begun to question the effectiveness of the DST I personally love the Spring one. While pre parent me would have hated it because I lost an hour in bed, now the option of laying in bed on a Sunday isn't a reality I love them for the later wake time I can choose, or the option to extend my little ones bedtime out for the summer months.

Lindsey

DAYLIGHT SAVINGS

Spring Forward

WHOEVER DECIDED TO IMPLEMENT DAYLIGHT SAVINGS WAS NOT A PARENT, RIGHT?

Luckily, the Spring Forward time change is the easier of the two! In this case, a wake-up time of 6am becomes 7am. And a bedtime of 7pm becomes 8pm. This can be good news for those with children who are waking up early.

There is no right or wrong approach. You will find over the next week your child's wake-up time naturally drifts earlier if you do nothing at all and this means that naps and bedtime will go back to normal as well.

Remember that it takes up to a week for anyone to fully adjust to the time change, so try to be patient with yourself and your child. Expose them to natural light first thing in the morning, and grab a coffee!

*You have options
and can choose
which best suits
your family...*





» What Options?

01

Do Nothing

Like it says on the tin - do absolutely nothing and your little one will adjust.

02

Little by Little

If your little one is sensitive to change this is the option for you

03

Adjust on The Day

Last minute? Didn't get the chance to put anything in place beforehand but want to help your baby adjust? This is your option.

04

The Early Riser

Use the clock changes to move your baby's wake up time in the morning or their bedtime later for summer

05

Summer Fun

Want to adjust to a summer schedule to allow you to have some summer fun?

Option 1:

DO NOTHING



This option is good for little ones who are easy going and deal with change easily. On the morning after the clock changes, allow your baby to sleep until they wake or their usual wake time plus 1 hour, then follow the day as normal.

This could look like:



Wake time Saturday - 7am



Nap 1 Saturday - 12pm



Bedtime Saturday - 7.30pm

Move to Sunday after the clock change and it might look like this:



Wake time Sunday -
Whatever time they wake



Nap 1 Saturday - 12pm



Bedtime Saturday - 7.30pm

Following this approach allows them to follow their schedule but on the new time. It won't work for every child but if you try it and find that your little one is struggling with the nap time and doesn't quite settle in for the nap given its an hour earlier than normal you can move bedtime a little earlier that evening if on one nap, or you can end the nap at the usual end time (not duration) and allow the rest of the naps to happen as normal.

A white textured card is centered in the frame, resting on a white, textured pillow. The background is a solid, soft pink color. To the right of the pillow, a portion of a white object with teal polka dots is visible. The card has a subtle, embossed texture.

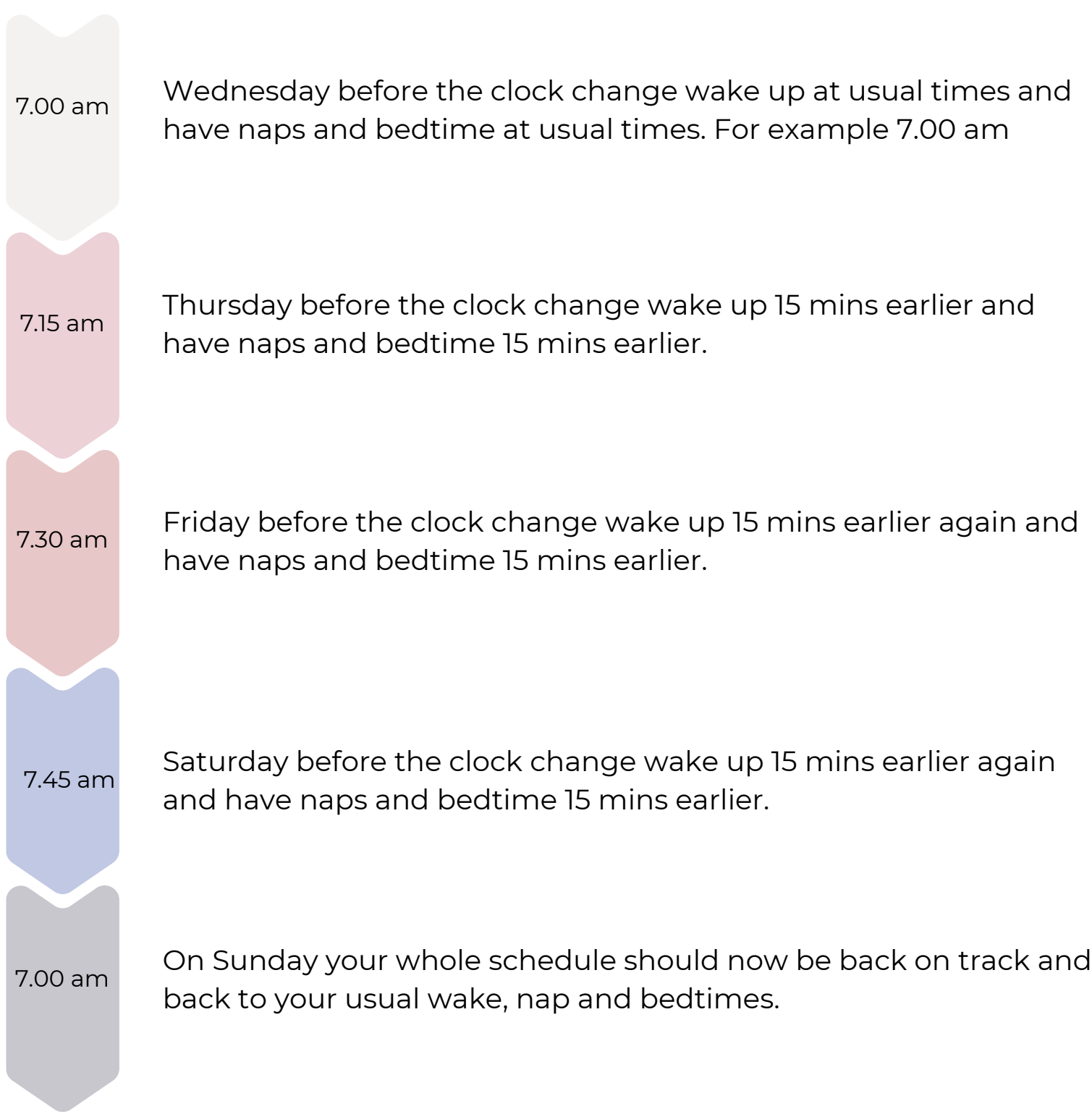
Option 2:

Little By Little



If you have a schedule that is working for your family, or you have a child who doesn't respond well to change then this is the option for you. You begin making changes to your baby's schedule 1 week before the clock changes so when the actual change happens your baby is already adjusted to the new time.

This could look like:



A white rectangular pillow is positioned against a solid light pink background. A white card is placed on top of the pillow. The card features the text 'Option 3:' in a black cursive font and 'Adjust on the Day' in a black sans-serif font. To the right of the pillow, a portion of a white object with teal polka dots is visible.

Option 3:

Adjust on the Day



If you totally forgot about the change, don't worry. Most little ones will adapt within a few days.

You could also:



Follow the Little by Little method but in reverse for the week after the clock changes until you catch up with them by the following week.

Otherwise, if your little one is easy going, follow the Do Nothing approach and they will be fine.



A white rectangular pillow is positioned against a solid pink background. A white card is placed on top of the pillow. The card features the text 'Option 4:' in a large, black, cursive font, and 'The Early Riser' in a smaller, black, sans-serif font below it. To the right of the pillow, a portion of a white object with teal polka dots is visible.

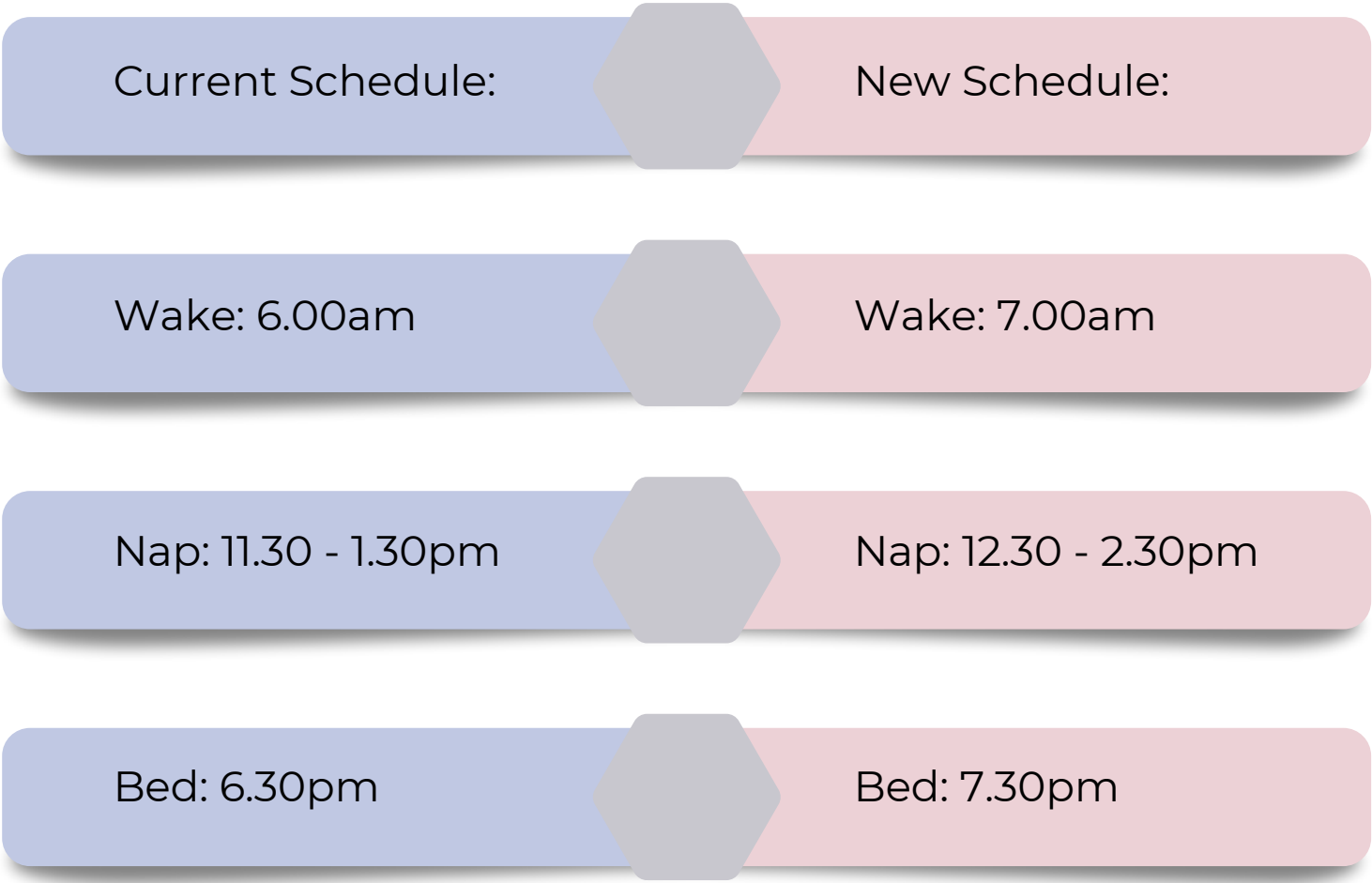
Option 4:

The Early Riser



If you have a little one who is up early in the mornings, or you find bedtime is just too early, this is a great opportunity to shift the schedule an hour later. This works best when the whole schedule is early which allows it to be shifted one hour later with the change. Simply allow your child to wake at their usual time which will be an hour later and follow their schedule but at the new times for the rest of the day with bedtime also being 1 hour later.

This could look like:



When early mornings have been accompanied by overtiredness, prompted by an early wake and a late nap / bedtime schedule this doesn't work so well and you should work on adjusting your baby's sleep after the clock changes have settled. This is something I can support you with either through a Dream Plan or an Ask Me Anything Consultation.

A white textured card is centered in the frame, resting on a white, textured pillow. The background is a solid, soft pink color. To the right of the pillow, a portion of a white object with teal polka dots is visible. The card has a subtle, embossed texture.

Option 5:

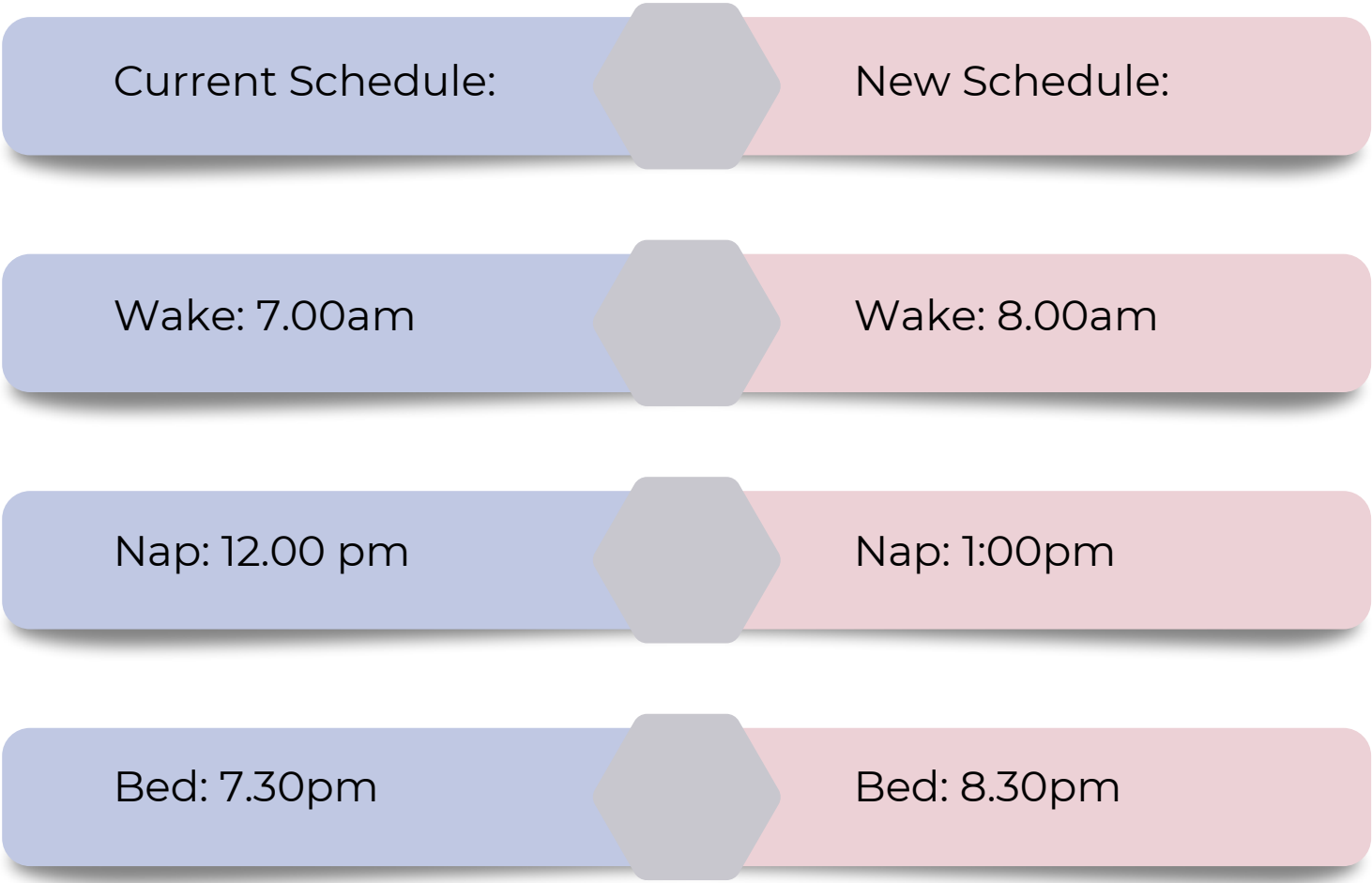
Summer Fun



Much like the early riser option, if you find bedtime is just too early, this is a great opportunity to shift the schedule an hour later and enjoy later summer evenings out and about with your little one on adventures or just relaxing in the garden.

This works best when you shift the whole schedule which allows it to be shifted one hour later with the change. Simply allow your child to wake at their usual time which will be an hour later and follow their schedule but at the new times for the rest of the day with bedtime also being 1 hour later.

This could look like:



Some little ones will adjust easily onto this pattern while others may revert back to their usual pattern. This will also work better with babies who are on a settled nap schedule.

If the later schedule is where you want to be then keep stretching their nap by 15 mins later every few days until its where you want it to be,



NEED MORE HELP?

If you are ever stumped, don't hesitate to reach out to me. Many parents need support through transitions with sleep and my Ask Me Anything Plan is an ideal option if you don't need a full support package.

With two children of my own, I've been through all the stages, ages and learning curves. I would be delighted to work with you!

You can reach me at help@yoursleepsupport.com or @YOURSLEEPSUPPORT on Instagram and Facebook.

I wish you all the best on your sleep journey!

xo Lindsey

CONTACT



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