




DAYLIGHT SAVINGS

‘FALL BACK’

Option 1: Slow and Steady

- You are pushing wake time, naps and bedtimes 10 minutes LATER every day. Very small increments each day until you reach your end-goal schedule by the last day- so when we move back 1 hour, the next day's schedule is no problem!
- How much you move each day will depend on how many nights you give yourself. Wake windows we want to stay the same.
- If you give yourself the whole week... you move bedtime each night by 10 minutes. Here is an example:

	Usual Schedule	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday After time change
Wake	6am	6:10am	6:20am	6:30am	6:40am	6:50am	6am - new time
Nap1	9am	9:10am	9:20am	9:30am	9:40am	9:50am	9am - new time
Nap 2	1:30pm - 3pm	1:30pm - 3:10pm	1:40pm - 3:20pm	1:50pm - 3:30pm	2 pm - 3:40pm	1:20 pm - 3:50pm	1:30pm - 3pm New time
Bedtime	7pm	7:10pm	7:20pm	7:30pm	7:40pm	7:50pm 	7pm - new time

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Option 2: Go with the Flow

- This option is great for people with older children and allows you to forget about the time change and just go with the flow of the new times.
- This option only works for some families because it requires a certain level of schedule flexibility throughout the day. Your child will wake up an hour earlier and go to bed an hour earlier. Here is an example:

	Usual Schedule Saturday	Time Change Sunday
Wake	7am	6am
Nap 1	9am	8am
Nap 2	1:30pm	12:30pm
Bedtime	8pm	7pm





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Option 3: Split the Difference

- This is a faster version of option #1 if you don't have all week to gradually move schedules and only want to work over the weekend!

	Usual Schedule Saturday	Time Change Sunday	Monday (go back to old schedule)
Wake	6am	5:30am (new time)	6am (new time)
Nap 1	9am - 10:30am	8:30am - 10am (new time)	9am (new time)
Nap 2	1:30pm - 3pm	1pm - 2:30pm (new time)	1:30pm (new time)
Bedtime	7pm	6:30pm (new time)	7pm (new time)