

DAYLIGHT SAVINGS TIME STRATEGY

**WEEK OF
NOVEMBER 5TH**

Sun

Keep kiddo in bed 10 extra minutes in the morning before getting them out.

Offer Nap Time and Bedtime 30 minutes EARLIER per New Kitchen Clock Time.

(This is really 30 minutes LATER than their normal sleep time)

Mon

Leave kiddo in crib an extra 10 minutes toward Kitchen Clock Time

Keep Nap time and Bedtime at the same time as yesterday.

Tue

Leave Kiddo In crib an extra 10 minutes toward New Kitchen Clock Time.

Same as last 2 days.

Wed

Leave kiddo in crib an extra 10 minutes toward Kitchen Clock Time

Move Nap time and Bedtime another 30 minutes to MATCH up with Kitchen Clock Time.

Thu

Leave kiddo in crib an extra 10 minutes toward Kitchen Clock Time

Keep Nap time and Bedtime at the same time as yesterday.

Fri

Leave kiddo in crib an extra 10 minutes toward Kitchen Clock Time

Keep Nap time and Bedtime at the same time as yesterday.

Sat

Leave in crib for last 10 minutes to align with new Kitchen Clock Time.

Phew! You made it to the weekend!

**Time to celebrate!
Just don't party too late and mess up all of your hard work!**

Note

If your child is especially sensitive to change, you can move in 15 minute increments every 2 days for the week.

You can feel free to transition a week ahead of time if YOUR schedule will allow for it, though it might prove difficult for families whose schedules may be determined by societal clocks (i.e. work or school)