



Spring Forward...

The Spring Clock Change

On Sunday 26th March, 2023, the clocks will go forward by an hour! Technically we lose an hour, which for babies on a strict routine, can seem a bit daunting right?

Don't panic! There are things you can do **RIGHT NOW** to prepare for this change. Here are a few ways you can deal with this upcoming cha

- 1. Do absolutely nothing!**

Yep.. you read it right! Don't change a thing! This is better for babies who are slightly older and a bit more flexible with their routine. Is your baby easily 'thrown off'? Or do they go with the flow a bit more? If it's the latter then there is no harm in doing this! You might find that things go a bit awry for a few days, but you can get things back on track by tweaking and capping naps during the day!

- 2. Gradually change their routine over the course of the week before the clock change.**

With this method, you will start about a week before the clock change to give them time to slowly adapt to the change. Pop them down to bed 15 minutes earlier for a few nights, then move that to 30 minutes earlier for a few nights.

Now you can stop there if you like and leave it at 30 minutes different. A lot of parents quite like to do this because half an hour seems much more manageable than one hour right? Then you can just tweak things gradually in the days after to try and get things back on track!

If you don't want to stop at 30 minutes, then keep going. A few nights 45 minutes earlier, and then eventually by the end of the week, they will be going to bed an hour earlier.



Now this does mean you might have some earlier starts for a week or so, and it also means adapting any naps in line with this earlier bedtime! But it is only for a week, so it won't cause too much disruption!

3. Lastly, you can simply put your baby to bed earlier the night before the clock change.

This can seem quite drastic, but actually, it isn't too much of a change for older or more adaptable babies.

If your baby is on one nap a day, wake them up half an hour before they would normally wake for the day. Bring their nap half an hour earlier at lunch, and then cap their nap to half an hour less than normal! Simple!

If your baby is on 2 or more naps, do the same thing but bring it all earlier by 15 minutes. You could even think about dropping that third nap of the day and substituting it with a much earlier bedtime to compensate.

A lot of your decision will depend on the temperament of your baby, as well as your plans for the week before!

Remember though; if it all goes a bit wrong, you can easily get back on track!



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