

DAYLIGHT SAVINGS

"Fall Back"

Day	Morning Wake	Naps & Feeds	Bedtime
Day 1 & 2	7:15am	Shift 15min later than usual	7:15pm
Day 3 & 4	7:30am	Shift 30min later than usual	7:30pm
Day 5 & 6	7:45am	Shift 45min later than usual	7:45pm
Day 7	7:00am (8am previous time)	Continue your day as usual	7:00pm (8pm previous time)

****This schedule will help you make a gradual change over the course of a week. Start this schedule on the Monday before Daylight Savings.**