

Daylight Savings "Fall back"

Toddler - One Nap

Current Schedule

WAKE: 7 AM

NAP: 12:30 PM

BEDTIME: 7 PM

Adjusted Schedule Day 1-4

WAKE: 6 AM

NAP: 12:00 PM

BEDTIME: 6:30 PM

Adjusted Schedule Day 5 +

WAKE: 6:30 AM

NAP: 12:30 PM

BEDTIME: 7 PM

Transitioning your toddler is a two-step process. On Sunday when daylight savings begins you need to stretch their awake times by 30 min . Do this for 4 days. From day 5 you should adjust their nap/bedtime a further 30 min which will take you back to your original schedule.

Slowly start to delay their awake time in the mornings by 15 min every until you reach your desired time.



Nurture & Blossom