

ADJUSTING TO TIME CHANGE

Advice for helping kids prepare for seasonal time changes.

Shine365



SPRING AHEAD Daylight saving time begins

Help your kids get used to the time change by adjusting bedtime the week before daylight saving time begins.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		15 minutes early	30 minutes early	45 minutes early	1 hour early	 daylight saving time begins
BEDTIME						



FALL BACK Daylight saving time ends

Help your kids get used to the time change by adjusting bedtime the week before daylight saving time ends.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			15 minutes later	30 minutes later	45 minutes to 1 hour later	 daylight saving time ends
BEDTIME						