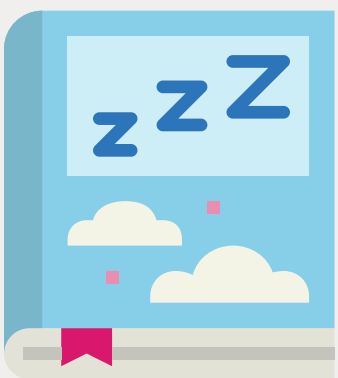


how to

ADJUST YOUR BABY TO THE TIME CHANGE

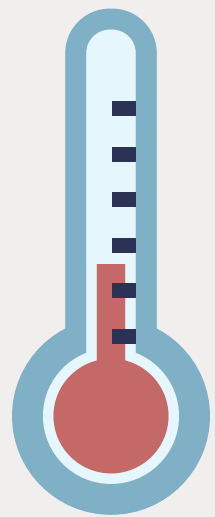


STEP 1: ESTABLISH A BEDTIME ROUTINE

Giving your baby a bath, reading a book, playing white noise and breast or bottle feeding can all signal your baby it is time to sleep.

STEP 2: SET UP THE SLEEP ENVIRONMENT

Use room darkening shades. Keep the arms and legs warm and make the room a comfortable temperature. Avoid using blankets, pillows and sleep positioners due to SIDS risk.



STEP 3: ADJUST THE SCHEDULE SLOWLY

Choose the bedtime schedule adjustment that works best for your family. Adjust the bedtime in 10, 15, or 30 minute increments over the few days before the time change.

STEP 4: USE LIGHT TO SET THE BODY CLOCK

Go for a walk outside in the morning in the spring and in the late afternoon in the fall to use light to set your baby's body clock to the new time.

