

The Real Deal™

By *RetailMeNot*

The Secrets to Surviving Daylight Saving Time With Little Kids (and What to Buy to Prepare)

Ask any parent of a baby or toddler about Daylight Saving Time, and you're bound to get an earful. [Babies and Daylight Saving Time](#) do not mix. Little kids thrive on consistent routines, so even though we're only moving the clocks ahead an hour, it's enough of a disruption that many kids end up confused, cranky, and overtired.

Especially if you don't plan for it, which I learned the hard way when my daughter was a baby. Rose was 7 months old for our first "spring forward," and my husband and I decided to just wing it. On that first Sunday, we woke her up at her normal time — which was really an hour early for her — and she was *miserable*. And despite having that extra hour awake in the morning, that didn't mean she fell asleep at her normal bedtime. Instead, she was overtired and cranky, with her mood made even worse by the fact that we were trying to put her down while it was still light outside.

In hindsight, it only took Rose about a week to adjust to her new schedule, which isn't that long in the grand scheme of things. But at the time, I was already extremely sleep-deprived — she was still waking up to feed once or twice a night — so that week felt like an eternity.

So, if you have a baby or toddler of your own, learn from my mistakes.

Here's what to do:

First, start shifting your kid's schedule a little bit every day beginning about a week before the time change (which is March 13, 2022). Wake your child up and put them to bed about 10 minutes earlier every day, and by the time you reach the big change, their schedule will already be calibrated.

Second, be sure your child's bedroom or nursery is set up for optimal sleep. Read on for what to do.

1. Block Out All Light

If you don't have [blackout shades](#) on your baby registry, I will buy them for you anyway — that's how effective I think they are. Blackout curtains are essential for ensuring that your child will be able to fall asleep when the sun's still out in the evening, and also helps prevent 5 a.m. wakeups when the sun starts rising earlier. They're also key for helping a little one nap well during the day. (Try: [Marmalade Twinkle Blackout Window Curtain Panels](#) from Buy Buy Baby, [Custom Cut to Order Cordless Blackout Cellular Shades](#) from Kohls, or [Sun Zero Oslo Theater Grade Blackout Curtain Panels](#) from Macy's).

2. Drown Out Outside Noise

In my neighborhood, longer days mean the bigger kids in my neighborhood spend more time outside in the evenings (lots of screeching!). Warmer weather also brings block parties, lawnmowers at weird hours, and even the occasional illegal fireworks. Noise, noise, noise. My daughter's **sound machine** has been a lifesaver in all these situations. We run it so it's about as loud as a dishwasher, just loud enough to mask anything going on outside her window. (Try: [Hatch Rest](#) from Buy Buy Baby, or check out What to Expect's picks for the [Best Baby Sound Machines](#))

3. Keep the Room Cool

I know it sounds chilly, but pediatricians swear that a thermostat set between 68 to 72 degrees is best for your baby or toddler. Remember: no blankets in the crib until your baby's at least a year old, and ideally closer to 18 months. Until then, a lightweight **sleep sack** is perfect for keeping your kid comfortable. (Try: [Halo Wearable Blanket](#) from Buy Buy Baby, [Sleep Bags](#) from Carters, or one of What to Expect's choices for the [Best Sleep Sacks](#))

Walmart – Up to 50% Off Baby Furniture and Gear



Image: Walmart

The Baby Days sale at [Walmart](#) offers deals on toys, car seats, diapers and so much more. The [Baby Shark 4-Piece Room-in-a-Box Bedroom Set](#) is just \$99 (\$30 off). It includes a toddler bed, a six-bin storage console, art desk and chair. Your kid will sleep great — you, not so much, now that you have “Baby Shark” stuck in your head. Sorry.

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