



ARKANSAS BETTER BEGINNINGS OFFERS TIPS TO HELP FAMILIES ADJUST TO BEDTIME AFTER DAYLIGHT SAVING



Better Beginnings offers families tips to help children adjust to Daylight Saving Time.

LITTLE ROCK, Ark. (February 20, 2023) – [Better Beginnings](#), a program of the Arkansas Department of Human Services Division of Child Care and Early Childhood Education focusing on giving children the best quality care, knows bedtime can be the hardest time of the day for children and their parents. Any disruption to children’s sleep schedule, such as [Daylight Saving Time](#), can make familiar routines difficult.

Better Beginnings’ resource, [Tips for a Good Night’s Sleep](#), offers ways to help make bedtime easier on everyone. The tips from this resource help ensure children get the rest they need to learn, play, and [reach](#) developmental and learning milestones.

“Children are full of energy and love to play at any time of the day,” said Better Beginnings Program Administrator Kelli Hilburn. “It’s hard to slow them down, which is needed to get them ready for bed. However, a good night’s sleep helps children be alert the next day and ready to learn while playing. Parents also benefit from their children getting the sleep they need.”

Consider adding these ideas to your child's bedtime routine to help make the transition into Daylight Saving Time easier:

- Talk about the next step of the evening routine.
- Bring down the activity level.
- Start early.
- Be consistent.
- Do not let your child sleep in the same bed with you.
- Do not return to your child's room every time they call out.
- Be patient.

"Patience is hard but a necessary part of this process," said Hilburn. "Disruptions to any schedule are hard on everyone but children are especially affected. It will take time before they adjust to the new time change. These tips can help them adjust quicker."

According to the [American Pediatric Association](#), in addition to naps, infants need 12 to 16 hours of sleep per day, toddlers need 11 to 14 hours of sleep per day and preschoolers need 10 to 13 hours of sleep per day.

For more information on finding quality child care in Arkansas or to learn more about Better Beginnings, follow their social media channels on [Facebook](#), [Instagram](#) and [Twitter](#) or arbetterbeginnings.com. Sign up for the [Better Beginnings Buzz](#) to receive tips and resources like these in your inbox each month.

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About Arkansas Better Beginnings:

[Better Beginnings](#) is Arkansas's tiered quality rating and improvement system for child care, early education and school-age programs that have gone above and beyond the state minimum requirements. Better Beginnings is administered by the [Arkansas Department of Human Services Division of Child Care and Early Childhood Education](#). Better Beginnings connects Arkansas families with the information and care that helps children experience a safe, happy, and healthy childhood.