

MARCH 2024

CURRENT EVENTS AND UPDATES

- This month's newsletter will be highlighting tips for helping your child transition to Day Light Savings.
- Happy St. Patrick's Day!
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



DAY LIGHT SAVING TIPS

Are you ready for more sunlight? If you didn't know already, Sunday, March 10 at 2:00 AM is when our clocks will "Spring Forward" one hour for Daylight Savings time (DST). With the right preparation, you and your kiddos can smoothly sail through the time change, and even use the start of DST to your advantage if you have an early riser.

Why does the time change affect sleep?

Our circadian rhythm, or internal clock, is governed by light exposure. For children used to waking around the same time each day, the light they see during awake times "sets" their body clock. As a result, changing the time on your physical clocks won't automatically change a child's internal clock; it will take some time for the circadian rhythm to shift.

For those of you whose little one has a habit of consistently waking up early, your situation will be looking a little bit better. That means that the dreaded 5:45am wake time will now become 6:45am.

How to prepare for the time change gradually

To help prevent sleep problems, you can prepare your child for the time change gradually.

In the spring, don't just set the clock forward an hour one night and expect your child to get right back in sync; It takes some time to adapt to that loss of sleep. To help them adjust, gradually shifting bedtime in preparation for daylight saving time. Ideally, start this process about a week before the time change.



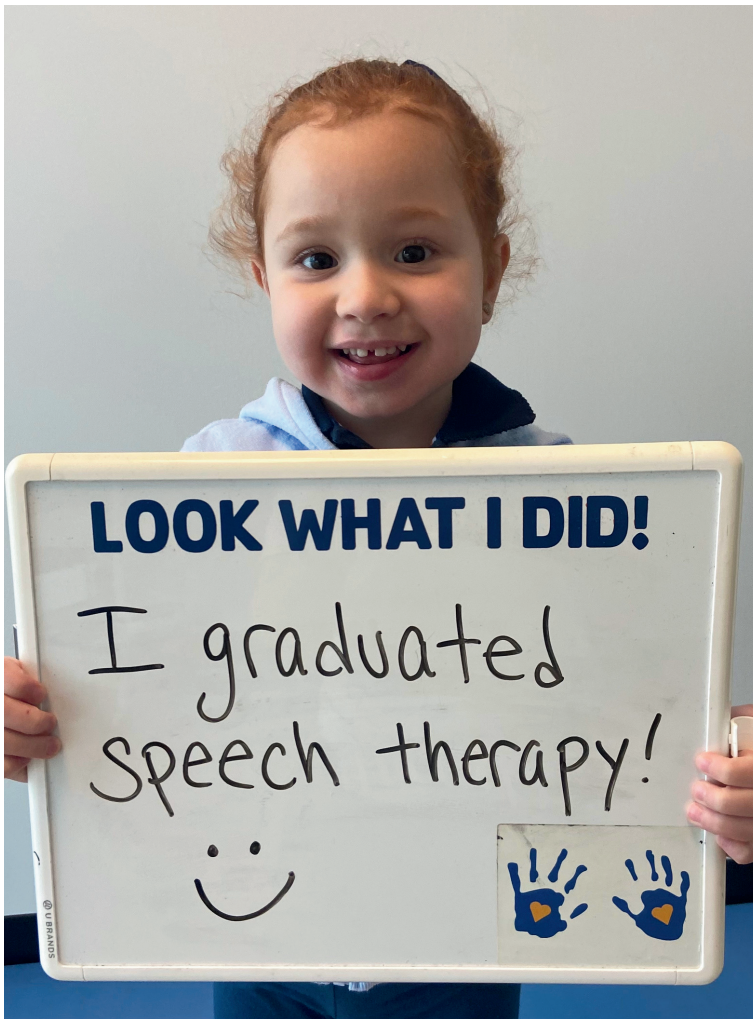
Other ways to help kids adjust to the time change

If you aren't able to plan and prepare for the time change, don't worry. There are other ways to help your child adjust.

- **Morning Sunlight** – Natural sunlight is best for waking up in the morning. Exposure to morning sunlight lowers the production of the sleep hormone, melatonin, which helps reset a child's internal clock, so they have an easier time going to bed at the new, right time. If that's not an option, turn on the lights in the house so it's nice and bright.
- **Stick with a Routine** – When daylight saving time begins or ends, it's especially important to stick with a bedtime routine, as your child is now dealing with a change in schedule that might throw them off.
- **Get Enough Sleep Now** – In the days before you change your clocks, make sure your child is getting plenty of shut-eye. Going into daylight saving time well-rested will greatly help your child because they won't be cranky and overtired, which can make falling asleep even harder.
- **Black out Curtains** – With spring forward we get longer daylight which is nice for outside time to play in the evenings! However, this also means there will still be daylight when it is time for bed. This is why black out curtains are SO important for a child's room. We all sleep best in a really, really, DARK environment. Take another look at your child's room and make sure there is no light peaking through the curtains at night.
- **Limiting screen time before bed.** Blue light from phones, computers, tablets, TV and even nightlights can trick the brain into thinking that it's daytime. Have your child put all screens away at least an hour before bedtime and charge them outside their bedroom.
- **Getting enough exercise during the day** can help kids sleep better, too. Just avoid too much physical activity close to bedtime, which can make it hard to unwind.
- **Spending some time outside** and being exposed to natural light during the day can help reset your child's internal clock after a time change. Sunlight has a strong effect on the body's circadian rhythm.
- **Relaxing activities** in the evenings help support a healthy sleep cycle. Examples include a warm bath, reading a book that's not on a screen, or soft music .

REMEMBER – It may take your child a bit more time to fall asleep during DST, this is normal, since the time is different initially, they won't be as tired. It usually takes about a week for children and babies to completely adjust to the new time and for some children it can take up to a month. Be patient and consistent, and it will happen.

Recent Graduates



Holiday Crafts



Valentine's Day Fun



a kiddo who made the craft in 2022 and then again in 2024.

Christina's Corner

Reminders:

- All session payments and copayments are now due at the time of service. Prepayment can be made using the link on our website or you can pay at the front desk.
- Please remember to let Christina W, accounts@totstoteenstherapy.com know if your insurance has changed. Failure to notify us of these changes can result in unexpected charges.