



HOW TO USE A DAY/NIGHT CLOCK

If your child is waking in the night thinking it's morning and ready to start the day, a night/day clock can be really helpful, especially if they can't yet tell the time. These clocks act as a visual cue to show when it's time to stay in bed and when it's okay to get up. However, they don't work automatically. Your child needs to be taught how to use it, given time to practise, and praised or rewarded when they follow it successfully.

STEP 1- PICK YOUR CLOCK

- There are lots of options out there, which can feel a bit overwhelming. You can often find them second-hand on social media marketplaces too.
- The key is choosing a clock that suits your child. This might be one with a sun and moon, a colour change, or a simple digital or analogue display. Clocks with clear visual cues, like a sun, moon, or colour change, are usually the easiest for children to understand at a glance during the night.

STEP 2- TEACH THE STEPS

- Next, explain what the clock means. For example, the moon or blue light means it's time to stay in bed, and the sun or orange light means it's okay to get up.
- Spend a few days talking about this before using it so your child understands the idea. For younger children, it can help to practise through play or simple role play to bring it to life.

STEP 3- HELP THEM BE SUCCESSFUL

- Now your child has a basic understanding, it's time to start using the clock alongside your sleep plan.
- If they tend to wake early, set the clock to change at the time they usually wake. For example, if they wake at 5am, set it for 5am. This helps you reinforce the message: "It's morning now, the sun is on, time to get up, well done!"
- After a few days of success, gradually move the time later by 5-10 minutes. This keeps expectations realistic and helps your child build up to waiting longer, rather than expecting them to stay in bed for long periods straight away.





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STEP 4- GRADUAL CHANGES

- Once your child is staying in bed during “moon time” and getting up when the “sun” appears, you can gradually shift the wake-up time later until you reach your ideal morning.
- This can take weeks or even months, and it won't always be a straight line. Stay consistent, keep your expectations clear, and make a big deal of their progress –praise and encouragement go a long way.

