Clock change plan

If you see hunger cues, it's fine to feed now.
Don’t delay a feed to match these times.

Start from your baby's usual times and fill in each day. Change your clocks the night before the change.

Clocks go forward 1 hour

Day	Move times	Wake	Naps	Bed
4 days before	15 min earlier			
3 days before	30 min earlier			
2 days before	45 min earlier			
1 day before	60 min earlier			
Change day	Usual clock times			

Clocks go back 1 hour

Day	Move times	Wake	Naps	Bed
4 days before	15 min later			
3 days before	30 min later			
2 days before	45 min later			
1 day before	60 min later			
Change day	Usual clock times			

Times are a guide, and your baby may need a few days longer. Under 4 weeks, there’s no schedule to move: feed on demand.
General guidance, not medical advice. Always consult your pediatrician about your baby.
Sources: AAP, Nationwide Children’s, Nemours and Cincinnati Children’s. These plans are our own, based on their advice. Sources checked: 2026-11.