

ONE SIMPLE TRICK FOR PARENTS TO AVOID BEDTIME CHAOS WHEN CLOCKS GO FORWARD

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Parents concerned about bedtime chaos when the clocks go forward are being urged to try one simple change to help children adjust.

When the clocks move forward on 29 March, the UK effectively loses an hour overnight – something that can disrupt children's sleep routines and lead to overtiredness, bedtime battles and early morning wake-ups.

With this in mind, sleep expert [Kerry Davies, known as The Sleep Fixer](#), has joined forces with the payment-free and ad-free children's wellbeing platform Super Chill to warn parents and share the one things parents need to do to avoid bedtime chaos.

According to Kerry and [Super Chill](#), the easiest way to prevent problems is to start shifting bedtime gradually in the days before the clocks change. "Children thrive on routine, and even a one-hour shift can feel big for their bodies," Kerry explained.

"Our circadian rhythm prefers small, manageable changes. Instead of waiting until the clocks change, start moving bedtime earlier in 15-minute increments for a few days beforehand. It helps the body clock adjust much more gently."

Kerry says it's also important to shift the whole evening routine, not just bedtime.

"That means moving mealtimes, bath time, wind-down activities and bedtime slightly earlier together," she said.

"Keeping the same sequence while gently adjusting the timing helps children feel secure while allowing their body clock to adapt gradually to the clock change."

For parents who miss the preparation window, or who simply do not have the time to shift routines gradually, experts say there is no need to panic.

Levi van Dam, Professor of Resilient Development at the University of Amsterdam and one of the scientific minds behind children's wellbeing app Super Chill, advises parents to prioritise consistency over control.

"Repeating the same calming activities in the same order each evening helps children feel safe enough to settle, even when sleep doesn't come immediately," he said. "Short, playful exercises can really help the body and mind relax."

Super Chill has shared three simple calming exercises parents can try before bed to help children wind down and settle more easily, which can all be found in the free app.

Calm Robot Ask your child to close their eyes and imagine they are a robot. Their body is made of metal and they slowly switch themselves off. Have them imagine turning off blinking lights across their body from head to toe while making quiet "beep" or "bloop" sounds. This playful visualisation helps release tension and relax muscles.

A Sky of Stars This calming stillness exercise can be done anytime during the day but also works well before bedtime. Ask your child to lie comfortably, place their hands on their stomach and close their eyes. Encourage them to stay still and imagine watching stars in the sky while taking slow breaths.

Sleep Well If children have racing thoughts before bed, gentle pressure points can help calm the body. Place fingers on both sides of the neck and slowly move them upwards towards the ears. This soothing movement encourages relaxation and slower breathing.

Experts say consistency is key during the clock change. Dimming lights earlier, reducing screens at least an hour before bed and keeping the same wind-down routine each night can help children feel more secure while their sleep schedule adjusts.

"It's normal for children to take around five to seven days to fully adapt," Levi added.

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“The most helpful thing parents can do is stay calm, keep routines predictable and support children with relaxing bedtime rituals.”

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