



THE CRADLE COACH ACADEMY

How To Use A Toddler Sleep Clock

**USING A TODDLER CLOCK HELPS
SOLIDIFY SLEEP RULES WITH CLEAR
EXPECTATIONS THAT THEY VISUALLY
SEE AND CAN FOLLOW.**

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Which Toddler Clock to Use?

- Some popular brands include the “Groclock”, “Okay to Wake Clock” and the “KS Sleep Clock”. When deciding what will work best for the child, consider whether the parent is able to completely shut off the light on the face of the clock (as you can with the Groclock) as this would be relevant for younger toddlers who are not expressing a fear of the dark and whose sleep environment we still want to keep extremely dark. Or whether having battery power will be more suitable for having one that can travel when you do (as both the Okay to Wake and KS "globetrotter" clocks do).

When is a Good Time to Start Using a Toddler Clock?

- The general consensus is two years or older would benefit from having this as a new part of a child's routine.
- Don't be afraid to introduce it with older children as well! The concept resonates with both younger and older children who are not yet able to tell time on a clock.
- As with any new experience or tool, it will likely take the child a week or two to fully understand the clock, but if the parent is consistent about using and discussing the clock, the child will quickly respond to the clock.

Making it a Part of the New Routine

- Introduce the clock to your child. Show them what it looks like “when the sun comes up” or “the color changes” on the clock itself, explain to them that mom or dad will come get them as soon as it's up and share with the child about what to do if it isn't up. Once the “sun has come up”, then let mom and dad know and they'll come over immediately!





Once You Start Don't Give Up

- Once the parent starts using it, even if the child one doesn't take to it right away, don't give up.
- It could take a couple of weeks for them to start buying into the concept and it might mean that despite having the toddler clock within their view, they aren't impressed and still want to start their day the moment that they wake.
- Hold steady and stay committed to starting the day or ending the nap only when the clock indicates that it's time. When choosing the time, whether it be to end a nap or start the day, be sure that it's complimentary to the child's sleep/rest needs.
- It's important to be patient and consistent otherwise the "rules and expectations" hold very little meaning. Don't negotiate with the toddler! Keep at it and use it with confidence remember that **confidence is contagious**.

Using it Safely

- Is there anything more enticing to a toddler than buttons? Be sure the clock is well out of reach of your child's bed.
- If it's placed on top of a dresser or table, be sure that the piece of furniture is firmly strapped to the wall.