

The clocks go back on Sunday 25 Oct. *Here's a calmer week of bedtimes.*

At 2am on Sunday the clocks go back an hour. For adults, a lie-in. For anyone under 11, quite possibly breakfast at 5.45am. Here's a gentle way through it, if you'd like one:

Small steps before Sunday

Fri 23 Oct	Bedtime about 30 minutes later than usual.
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Sat 24 Oct	About 45 minutes later.
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Sun 25 Oct	Your usual time, on the new clock.
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The lamp-down moment

Every night: the same wind-down, just moved. The lamp goes down 30 minutes before, whatever the clock says.

If an early start arrives anyway

Curtains shut, voices low, "it's still night-time" said once, kindly, and a basket by the bed with two books and nothing with batteries.

And if none of that suits your weekend, the usual routine at the usual time is a perfectly good plan. Everyone settles into the new clock at their own pace, grown-ups included.