

am and pm

2nd Grade

Two halves of the day, and the two moments that trip everyone up.

am

- Midnight to midday
- The morning half
- 12:00 am is midnight
- Breakfast, school starts
- 7 am — waking up

pm

- Midday to midnight
- The afternoon and evening half
- 12:00 pm is noon
- Lunch, tea, bedtime
- 7 pm — dinner time

THE DIFFERENCE THAT MATTERS

12 am is the middle of the night and 12 pm is the middle of the day — the one pair almost everyone gets backwards.

A 24-hour clock removes the problem entirely: 07:00 and 19:00 cannot be confused.