

5 Tips to Help Your Baby Sleep Well During Summer Travels

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While summer vacations are relaxing and fun-filled, they can cause sleep problems. From wonky schedules to super-late bedtimes, summer traveling can wreck your child's sleep. Here are a few techniques that can help preserve your baby's sleep during your summer travels.



Bring your favorite 'sleep gear' along and consider investing in new products that'll maximize sleep.

- a.** Bring special sleepy-time objects like a lovey, a special pillow, or a favorite pair of jammies to make the place you're staying feel like home.
- b.** A white noise machine to block unwanted noise and shades to create a dim naptime environment might be things you don't use at home but can help on a trip.



Stick to your usual sleep schedule as much as you can, while still having fun on vacation.

- a.** Allow a little more leeway around bedtime, but be careful not to over do it.
- b.** Try to make the first morning nap and the first afternoon nap happen on time, but allow other naps to happen on-the-go.
- c.** If you have an entire day of activities planned, have your baby catch a nap in the stroller. If sleep gets off track one day, don't stress out; do your best to get it back on track the next.



Lay some groundwork before you leave.

This is important for a slow-to-adapt baby, or a toddler who's really sensitive to disruptions in the routine.

- a.** A few days to two weeks before you leave, nap your baby or toddler in whatever she will be sleeping in while you travel (if possible).
- b.** Set up your pack 'n play or portable crib in her room and have her take her naps there. This will help her adjust to a new sleeping arrangement before you hit the road.



Give yourself a pre-vacation pep-talk.

Even if you take every single precaution you can, there's still a good chance that your baby or toddler won't sleep like she does at home. This is the reality of vacationing with a tiny child! Be flexible, try and relax, and make the best of whatever comes.



When you get home, offer an earlier bedtime and extended naps.

Just be sure that longer naps don't interfere with night sleep! Your goal will be to help ward off the overtiredness that tends to snowball and create more sleep issues. After a few days of earlier bedtimes and longer naps, try to gradually get back to your standard sleep and feeding schedule.



If you don't have a "standard" sleep and feeding schedule with your child constantly waking at night and taking short erratic naps, then you may have bigger challenges to deal with than simply recovering from vacation. **Check out the free e-book, 5 Ways To Help Your Child Sleep Through The Night.** It's a great tool that'll help to get started on the road to peaceful nights and relaxing, consistent naps!

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