



Travel Tips

There is good news! Once you complete sleep training with your child you can feel free to travel knowing your child will continue to sleep well. Here are a few things to keep in mind:

1. The biggest mistake parents make is over scheduling activities, trying to pack in too much fun and adventure.

Tip: Try to keep to a routine as much as possible. However, occasional car/stroller naps probably won't do much harm. But keep in mind if there are too many car/stroller naps and later bedtimes, your baby may become so overtired that meltdowns could easily occur. It may appear as if she has "forgotten" all her sleep skills and cry and cry.

2. It's normal for babies and toddlers to test the boundaries around sleep when they are somewhere new. This may mean that your baby cries for some time at bedtime or has a night waking or two. The best way to handle it is to maintain the same consistency with responding as you would if the regression happened at home. You can go in to offer some reassurance, but other than that, don't change your normal response while away. After the first night or two, your child will be used to the new environment and will sleep as well as he always does.
3. Make sure you bring your child's sleeping lovey or blanket (if age appropriate). Having a familiar item to sleep with will provide comfort and familiarity while sleeping away from home.
4. Another common mistake that parents sometimes make is bed-sharing with the child. This can easily cause a sleep regression and create the need to sleep train all over again. To avoid this, take your pack and play with you or ask the hotel for a crib.

Time Changes and Jet Lag

You will want to travel comfortably and arrive at your destination with minimal stress. You may have to resort to the "old ways" to calm your child. However, as soon as you arrive at your destination resume your child's sleep routines.

If your baby has had a great schedule leading up to the trip, he should slide into the new time zone without too much trouble. It is best to adjust to the new time zone quickly by using the following tips:

- If you really feel like your baby needs an extra nap to catch up a bit, try to limit it to 45 minutes. Try not to let her nap too close to bedtime. If it's a choice between



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a strangely timed dinner-hour nap or an earlier bedtime, I suggest you go with the slightly earlier bedtime.

- Since sunlight is the most powerful tool we have to cue our bodies, use it to help your baby and you adjust to the new time zone. Try to plan meals and “awake” time around the new time zone as well. Spend lots of time outdoors to help reset your little one’s sleep/wake cycles.
- In the evening, keep the sleep environment dark. If possible, use blackout blinds, and keep lights dim leading up to your baby’s bedtime. This will help stimulate melatonin production, making him feel sleepier.
- As soon as you arrive home, it is recommended to have one solid week with all sleep routines happening exactly as they had prior to travel. This will enable your little one to go get back to healthy sleep habits as quickly as possible.