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Sleep Tips During the Chaos of Traveling

Traveling causes chaos and upheaval in everyone's daily routine and family life. Add in trying to accommodate your normal sleep routine with the hustle and bustle of vacation fun, and your stress level will be at an all time high, while your energy level will be at an all time low. I'm a mom with 3 kids, and I have struggled with the same issues as you. Over scheduled, sleep deprived children lead to meltdowns and grumpy behavior. Trying to put your little ones to sleep in an unfamiliar room is a big challenge. But, with just a few simple tips, it is possible to still have a great vacation and quality family time **and** have well-rested kids, while keeping your stress level low.

You Don't Have to Be a Prisoner to The Routine *but remember, consistency is key:*

If you are able to get your child on a healthy sleep routine before the chaos of traveling begins, you will be able to successfully adapt your normal schedule while visiting family and friends.

Everyone knows, vacations are prime time for disruptions to daily life. Do your best to maintain your child's regular schedule as much as possible. Since you know that your children thrive on their daily routines, keeping to a consistent schedule can help counteract the over-stimulation and sensory overload of being away. Wake up at the same time every day, keep your meal and nap schedule consistent, and try not to let bedtime get too late.

You will find that if your child is getting his/her basic necessary sleep on a regular basis, the occasional missed nap or later bedtime won't have too much of a negative affect on him/her.

So, a few weeks before your travels, start to establish a healthy sleep routine for your whole family.

Tip! Hold off on sleep training if you haven't started yet. Because consistency is so important with any sleep plan, it's best to start this process after your vacation. Once things have settled down and you're back at home, you can get started on your healthy sleep routine.

Bring Their Sleep Environment To-Go

When planning a trip, packing the comforts of home will help your child settle more easily in an unfamiliar location, whether it is during nap time or overnight. If you can, pack a few reminders from their room, such as their white noise machine*, crib sheet, and their favorite lovey. (**If space is an issue, you can download the White Noise app on your phone and use that instead of packing the actual machine*).

These reminders of home will make the transition to their new sleep space less stressful, and will help your child settle down more easily for naps and bedtime and let you keep to your daily routine.

Tip! Practice your bedtime routine wherever you are and whenever you can. Doing the same routine every time you put your child down for a nap and to bed, will help prepare your child for sleep, no matter where you are.

Respect Your Child's Need for Quiet Space and Sleep *Keep things simple with your baby and toddler*

Have fun but don't overdo it. Young children can easily get overwhelmed and overtired with too many activities, causing night wakings and short naps. It's important to plan for some "down time" when traveling. This will lead to longer, deeper and more restorative sleep and happy children.

When you go on an adventure, be sure to pack your essentials (see above) and remember, **naptime is naptime wherever you are**. It is important to respect your child's need to sleep; try not to skip naps and keep bedtime as close to normal as possible. If you can schedule events around naptime, and try to get your family to bed on time, **you** will be much happier **and** less stressed.

Keep in mind that when your baby and toddler gets too overtired, you will probably experience struggles at bedtime and numerous wakings throughout the night. You may also experience more temper tantrums and crankiness during the day. If this can all be avoided by keeping to nap schedules and bedtimes, isn't it worth it? Also, keep in mind that a bedtime more than 30 minutes later than usual will create a sleep deprivation, especially if it happens a few days in a row.

So, in order for your child to sleep well, allowing **you** to get a good night's sleep also, consider how much sleep your child needs and work around their nap schedule and bedtime. If you're not sure how much sleep your baby or toddler should be getting, click [here](#) for a Sleep Guide Chart.

Have Fun!

Have a great vacation with your family and don't stress about every single sleep rule. Even if new habits get picked up, know that when you return home and your day-to-day goes back to normal, you can get back on track and focus on healthy sleep routines again.

If after a week of being home, your child is still struggling to get back into his/her healthy sleep routine, contact [Slumberland Solutions](#) for a [consultation and customized sleep plan](#).

Sweet Dreams! 😴👶