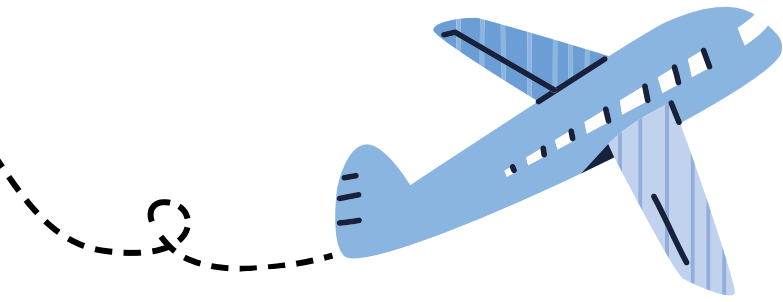


SLEEP SURVIVAL GUIDE

TIPS FOR TRAVELING WITH CHILDREN





TIPS FOR TRAVELING WITH CHILDREN

How to Keep Your Sanity AND Sleep

Traveling with children can be a rewarding experience, exposing them to new cultures, cuisines, and experiences. However, it can also be a daunting task, as keeping the little ones happy, engaged, and well-rested during long trips can prove to be challenging. Below are some tried and tested tips to ensure a smooth journey when traveling with children.





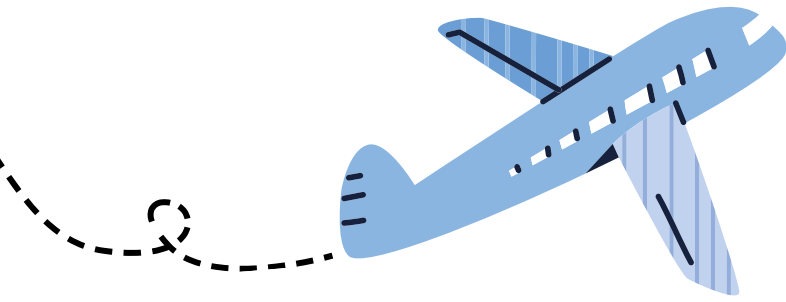
Start with Proper Planning

The key to a successful trip with children starts with meticulous planning. Research your destination thoroughly to understand its child-friendly attractions, amenities, and potential challenges. Choose accommodations that allow everyone in the family to sleep comfortably. For some families, this may be an adjoining room, a room with a pull-out couch, or the option to rent a travel crib.

Pack Wisely

Packing is an art when it comes to traveling with children. Besides the essentials like clothing and toiletries, remember to pack snacks, toys, games, and comfort items, like a favorite blanket or stuffed animal. Also, consider packing a change of clothes in your carry-on in case of spills or accidents during the journey.





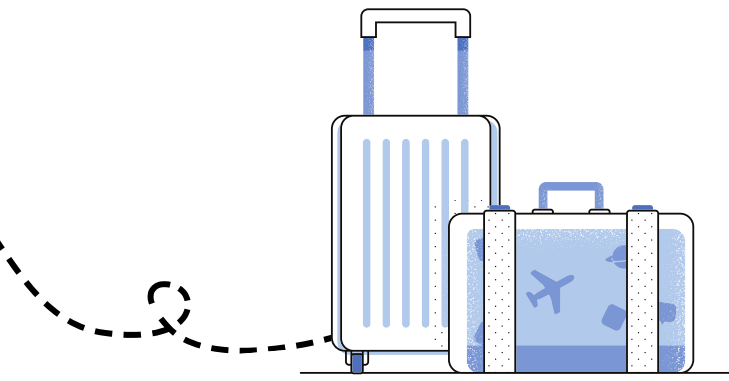
Maintain a Routine

Children thrive on routines. While it might not be possible to stick to your regular schedule while traveling, try to maintain some semblance of a routine, especially when it comes to meals and sleep. This can provide a sense of familiarity and stability in a new environment. This will also help your child from becoming overtired and overstimulated.

Plan for Entertainment

Long travel hours can be tedious for children. Plan for this by packing a variety of entertainment options. This could include books, coloring materials, portable gaming devices, or downloaded movies and shows on a tablet. Remember to include headphones to block out the noisy plane and passengers. My favorite list for traveling includes tablets, candy, chewy candy (when age appropriate) to help with popping ears, and window stickers/clings.



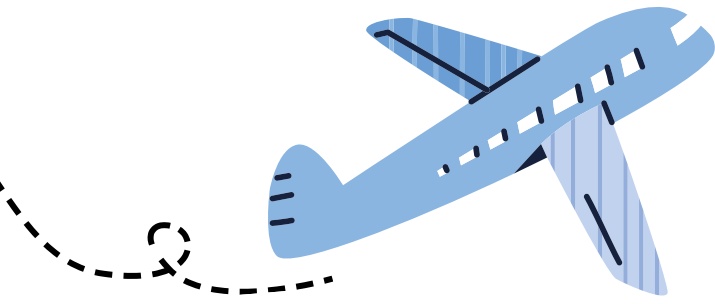


Set up their Sleep Space

While it may be tempting to share a bed with your child on vacation, it can lead to some big challenges when you get back home! Get a hotel room with a pull-out couch, and if you have two kids sleeping in the same bed, create a pillow wall between them to provide a sense of privacy and separation. Utilize larger bathrooms as a separate sleep space and ask the hotel for a cot/crib if they have one!

My Fav Sleep Travel Products

If your child is accustomed to a dark room at home, you can consider investing in a SlumberPod! If you're local to Buffalo, NY I rent mine out for traveling families too. A cheaper way to darken the room is to bring black garbage bags and painters tape with you for the windows! A portable, battery operated white noise machine can be very helpful too, to drown out noises at the hotel or for naps on the go. See more of my favourite products later in this guide!

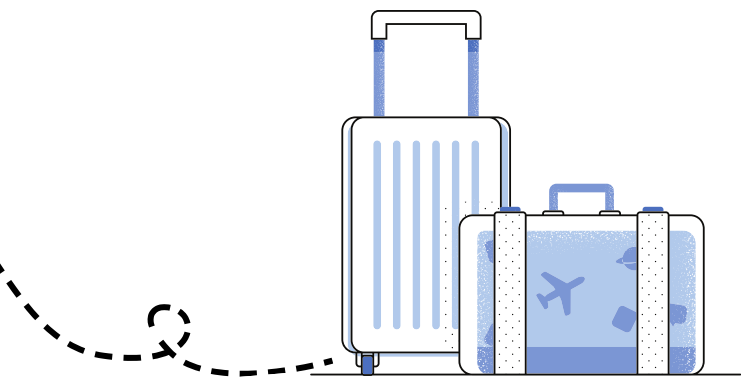


Stay Hydrated and Snacked

Keeping your children hydrated and full is crucial, especially during lengthy travel. Pack a variety of their favorite snacks and enough water to keep them satisfied. However, avoid sugary snacks and drinks that could lead to energy crashes and increase their restlessness depending on the timing of your trip. My kids LOVE picking out new snacks for the travel day.

Sleep in Different Time Zones

Before you go, try shifting mealtimes, bedtimes and wake times towards new time zones. This will help you and your child adjust more quickly when you get there. Once you've arrived, spend time outside in daylight and offer short daytime naps when you or your child feels sleepy. If you're in the new time zone for more than 5 days, it's better to jump right into the new time zone when you arrive. If you're in the new time zone for less than 5 days, try to stick to your normal time zone or at least split the difference to help with the adjustment.

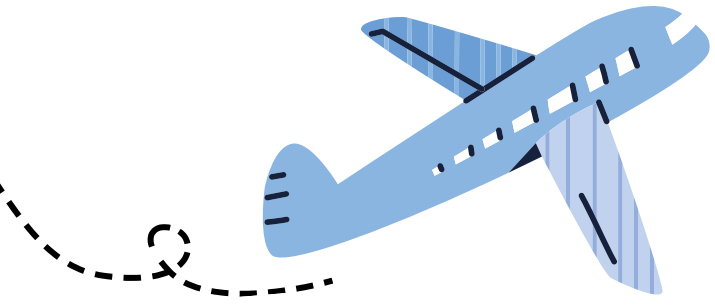


Prepare for Climate Changes

If you're traveling to a place with a significantly different climate, prepare your children by packing appropriate sleepwear. This might include warmer pjs and a sleep sack or dressing down in light pjs for a hot climate. Don't forget the sunscreen!

Make Time for Naps

Aim to have half of your child's naps at "home" whenever possible to avoid a build up of sleep debt throughout your vacation. If you will be out and about during your child's usual nap time, bring your stroller or your carrier so they can sleep, or plan one of your drives for nap time. Follow an 80/20 rule; 80% of the time you should plan to stick to your normal routine and 20% of the time, be spontaneous and enjoy your trip.



Be Flexible

While it's good to have a plan, it's equally important to be flexible when traveling with children. Things might not always go according to plan, but that's okay. Be prepared to adjust your schedule or expectations when necessary.

Traveling with children can be a challenging yet incredibly rewarding experience. With a little planning, a lot of patience, and a flexible attitude, you can ensure a memorable trip for the entire family. If you get off track with your child's sleep, you can always get back on track when you get home. Remember, the goal is not only to reach the destination but also to enjoy the journey along the way. Have fun!



SLEEP & TRAVEL CHECKLIST



Pajamas



Sleep sack or Swaddle



Fav stuffed animal & books



White noise machine



Stroller



Baby carrier



Pack n' Play



Fav stuffed animal & books



Inflatable toddler bed



Portable baby monitor



Toddler blanket



A book for mama once lights go out!



MY FAV TRAVEL PRODUCTS



BLACKOUT BLINDS

Children (like adults) will sleep better in a cool, dark room! To help block out light to encourage melatonin production and reduce stimulation, bring along these portable blackout blinds. I'm a big fan for naps especially! You can find them here at www.sleepoutcurtains.com and promo code of SILVERMOON for 10% off.



SLEEP SACK / SWADDLE

Swaddle Designs brand is my absolute favorite - the material is so soft and snuggly. Dressing your child in their regular sleep wear is a great cue to let them know sleep is coming, even in a different place! Be sure to pack at least two! Here is the link to check them out: www.swaddledesigns.com and promo code SMSC15 for 15% off.



PACK N' PLAY CANOPY

If you are traveling often, you should consider investing in a blackout canopy to cover your child's pack n' play. This is especially helpful when room-sharing, so you can read or watch a show after your little one goes down, and don't have to worry about sitting in the dark! The SlumberPod is great for this, you can find my favorite one at www.slumberpod.com and promo code of silvermoonsleepconsulting for 5% off.

Please note: I may earn commissions from my sponsored links. This, however, has no bearing on my recommendations. I only recommend products that I have used myself and/or are top quality.



Be in the know. Sleep tips coming your way!

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