

TOP TRAVEL TIPS

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SLEEP SPACE

Recreate your sleep space as close as possible from home. Bringing sheets and sleep sacks that baby knows. A Slumberpod is an excellent way to recreate a safe, dark sleep space! They pack up to be the size of a sleeping bag!

SHEETS & SACKS

As you prepare to head to your destination, consider skipping the washing of your sheets and sleep sacks! Your little one will settle a bit easier in a new exciting environment with things that smell like home.

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SCHEDULE

Trips can be busy with visiting family & friends, exciting places to see and things to do! Try to keep baby on their sleep schedule without expecting them to stay awake more than they are able! Offer naps on go in a stroller or carrier!

TIME CHANGES

Crossing time zones? To help get your kiddo's clock on their current time zone, expose them to daylight as soon they start the day, and dim lights into the evenings. On your day of travel, you can add a nap if the day is going to be longer, or skip a nap if bedtime will be close!

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SOUND MACHINES

Packing a sound machine is a great idea! Worried about possible loud environments? Pack 2! You can layer them to help block out loud noises. Bonus plan? Get one with a back up battery!

NAPS!

If your travel day is going to be extended, offer an additional nap. Need to shorten your day a bit with a time change? Skip a nap and bedtime will be a bit closer. When at your destination, try for a least 1 solid nap in a quiet space, the rest can be on the go!

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ROUTINE

Keep your bedtime routine the same as at home! The simple steps you do before bed at home should look the same when traveling so kiddos understand it's time for sleep!

START NOW

Struggling with sleep before heading away? Send me a message. YOU deserve to sleep well on your trip so lets get your kiddo's sleep organized before you go!

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