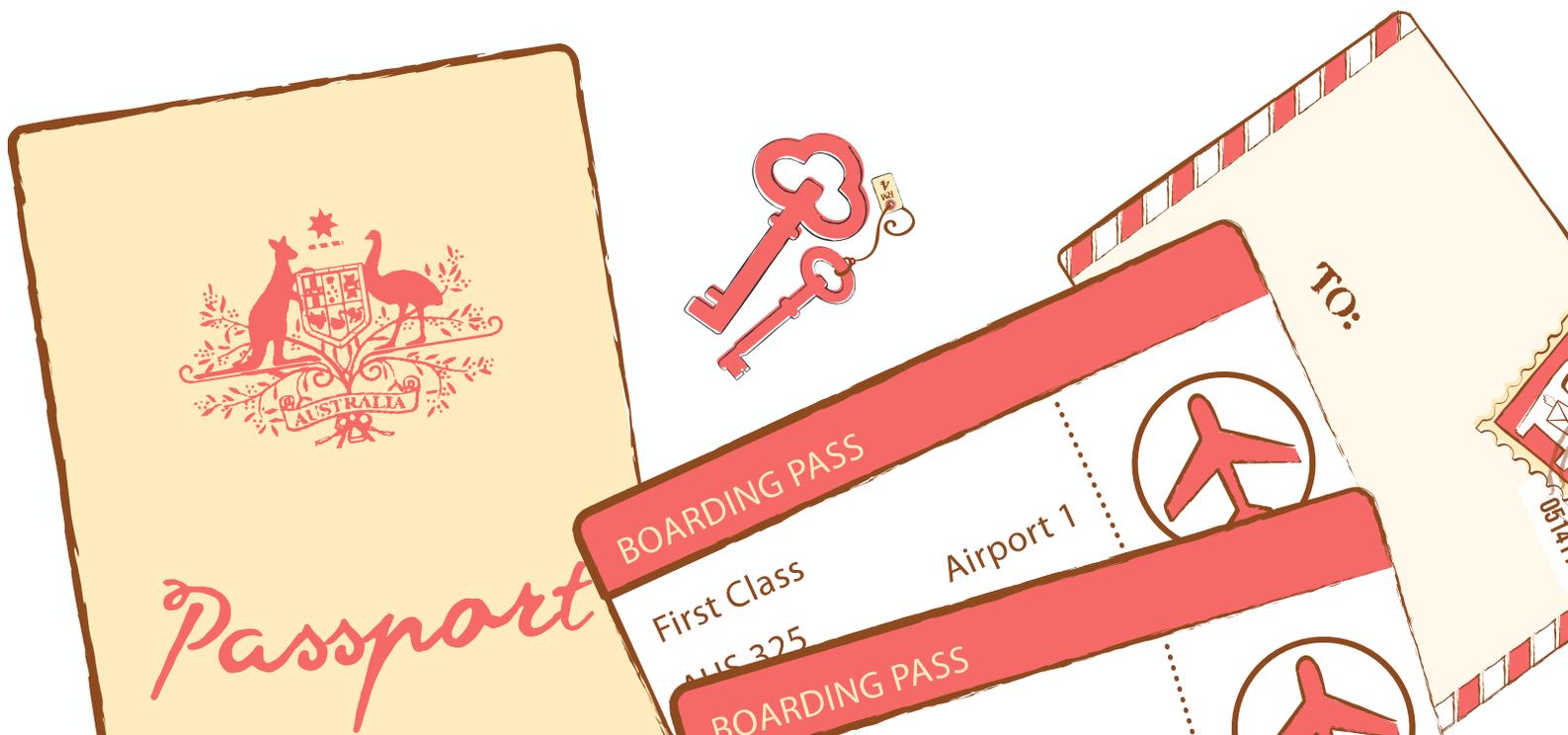




# *Little Star* *Sleep Solutions* Travel Tips





## DON'T OVERSCHEDULE

The biggest mistake parents make is that they over-schedule themselves. Overscheduled will usually mean OVERTIRED!

Occasional car and stroller naps are likely fine, but too many and your child likely isn't getting enough consolidated sleep

...  
and again will be  
OVERTIRED

## CAR AND STROLLER NAPS

## JUDGEMENT SUCKS

Maybe you're travelling with family or friends that just don't understand your routines or boundaries around your child's sleep. Adopt an attitude of "I'm so glad that's working for you!" and then just do you! You know your kid, and you've put A LOT of work into their good sleep hygiene! Don't let it go to waste!

Be sure to travel with your kiddos comfort item!

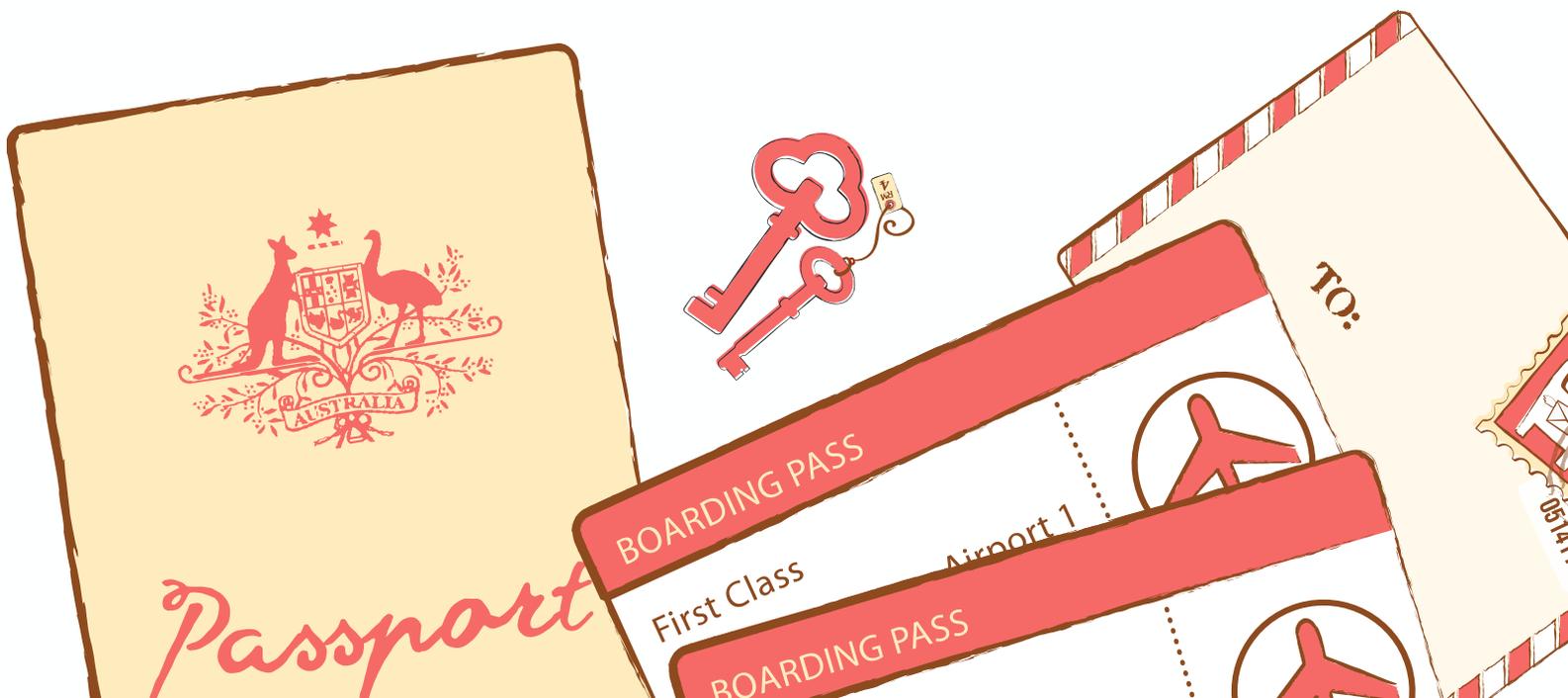
Teddy bear, blankie, etc.

This comfort item reminds them that they are safe and the familiar smell will help them relax and unwind for bedtime!

## COMFORT ITEMS

### STAYING IN A HOTEL

If you haven't been bedsharing before your trip, now is not the time to start! Most hotels will have a crib or pack n play for your use. Make use of a closet or large bathroom to give your baby their own sleep space.





## FLYING HIGH

The best advice I EVER got when it came to plane rides with kids is to accept that you're travelling with kids. Go with the flow, do what you have to do to survive and then once you arrive, back to your routine!



Well-rested children handle jet lag much better than sleep-deprived adults.

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 as quickly as you can. Sunlight and fresh air are your BEST friends for adjusting to a new time-zone!

## TIME CHANGES AND JET LAG

Going on a trip, or just got home and you want to talk strategies?

Go to [www.littlestarsleepsolutions.com](http://www.littlestarsleepsolutions.com)