



Little Star Sleep Solutions

HOLIDAY SURVIVAL GUIDE

1

DON'T OVERSCHEDULE

The biggest mistake parents make is that they over-schedule themselves. Overscheduled will usually mean OVERTIRED! No one wants to hang out with an overtired, cranky, baby!



2

DEALING WITH FAMILY AND FRIENDS

Now that you're at Grandma and Grandpa's house, everyone wants baby awake so they can see them, play with them, take a thousand pictures, and get them ridiculously overstimulated. And it's exceptionally difficult to tell all of these friends and family members that you're putting an end to the fun because baby needs to get to sleep. Don't negotiate, don't make exceptions, and don't feel bad about it. Firmly explain your boundaries. Let them know when baby will be getting up and tell them to hang around, come back, or catch you the next time. Or better yet, tell people in advance when to expect some baby time based on baby's schedule.

3

SHARING A ROOM WITH BABY

If you're travelling and your only choice is to stay in the same room as your child, try this quick trick: Make it two rooms. I'm not saying you need to bust out the lumber and drywall, but I do suggest hanging a blanket, setting up a dressing screen, or, yes, I'm going to go ahead and say it, put baby in the closet. A decent sized closet is a great place for baby to sleep. It's dark, it's quiet, she won't be distracted by being able to see you, and people accidentally walking in and out of the room are much less likely to distract her.



4

CO-SLEEPING

If you haven't been co-sleeping before your trip or holiday visit, don't start now. This is a confusing message to send to baby and likely no-one will get a good night's sleep. Try your best to stick to your normal boundaries and routines.



5

TRAVEL DURING HOLIDAYS

If you're driving to your destination, a clever trick is to schedule your driving time over baby's naps. Car naps aren't ideal, but compared to no naps at all, they're the lesser of two evils by a mile. So if at all possible, get on the road right around the time that baby would normally be taking their first nap. If you're really committed, you might even look for some parks, tourist attractions, or other outdoor activities that are on your route where you can stop when baby gets up. It's a great chance to get out into the sunshine and fresh air, which will make that next nap that much easier.

If you're flying, well, my heart goes out to you.

It's no secret that planes and babies just don't seem to like each other, so I suggest (and this is the only time you'll hear me say this) that you do whatever gets you through the flight with a minimum amount of fuss. Hand out snacks, let them play with your phone, and otherwise let them do anything they want to do. The truth is, if they don't want to sleep on the plane, they're just not going to, so don't try to force it. It will just result in a lot of frustration for both of you. (And, most likely, the passengers around you.)

**6**

NAPS ON THE GO

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

**7**

BEND YOUR OWN RULES

This is going to sound contradictory, but don't be a slave to your own rules. Routines and schedules are wonderful and they certainly have their place, but don't follow them so strictly that you forget to enjoy the holiday season and make memories with your family.

Going a bit lax on your own rules from time to time will never make or break anything. Take advantage of the extra helping hands and maybe get some downtime for yourself! Once your back home, and things have settled, you can get back to your routine. It may take a few days, but you'll get there!

