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Holiday Travel Tips

Traveling is fun. Traveling with small children... not so much. Thankfully there are a few things parents can do to minimize holiday travel disasters.

- **Maintain a consistent daytime routine.** Allow children to nap, eat and play at their normal times.
- **Maintain a consistent bedtime routine.** Children thrive on consistency especially in unfamiliar settings. If your child eats dinner, has a bath, reads books and takes a bottle or nurses before bedtime while at home, do the same thing on the road.
- **Bring familiar crib/bed contents.** Forget trying to pack light. Bring a familiar sheet, pillow and blanket (for older children), a lovey, night light and a white noise machine. Familiar objects not only have a familiar scent but also make children feel safe; a white noise machine helps to drown out unfamiliar noises.
- **Prepare for some backsliding.** It is inevitable that children will have sleep disturbances while traveling. It's normal, okay and should be expected. Some three year olds will do okay without an afternoon nap for a day or two. Consider an earlier bedtime for these days.
- **Respect your child's need for sleep!** It's important to spend time with family and have fun around the holidays. Having said this, if you help your children to get the sleep they need, you will have happy children. Happy children equal happy parents.