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Sleep Tips for your Summer Holiday

There is nothing more relaxing than taking a break with your family – but if you do not prepare your child's sleep environment, you could potentially be walking around your vacation retreat with bags under your eyes the size of your hold-all. Children are sensitive when it comes to change. Crossing time zones, strange sleep environments and long, hot summer nights are known to disturb children's sleeping schedules. The main reason is that children usually sleep in the same room as their parents so you respond quicker to their cries out of courtesy to other guests.

Here are some travel tips:

- Have a plan on how you will deal with night wakings or bed refusal before you go to avoid long-term problems; it will also give you confidence on how to handle issues should they arise.
- Take crib linen and as many sleep-related items from home as possible.
- If you have the option of a one bedroom suite, then take it and make it the baby's room.
- Keep your baby's normal daily routine in mind. It is okay to have the odd late night but do not succumb to late nights every night.

- Do not skip naps, otherwise you will have even worse night time sleep. It is also a good excuse to have a siesta yourself and get out of the mid day sun. Although you do not have to stick to a strict nap schedule, let your child nap when they need to the most. Once you get home you can revert to your normal naptimes.

- Put your baby onto local time as soon as you get there and stick with your child's normal bedtime and wake up times to help them adjust to the time change. Babies and small children adapt better than adults.

Even babies who have slept through the night consistently before going away will wake up when sleeping in a strange environment and may have problems falling asleep. This is where parents start to question what they should do. Do not try new techniques at this time. Your child has not changed, only the environment has, so if you change your responses then you will more likely end up in a place you are trying hard to avoid. Stick with what works; being prepared and expecting some resistance is better than cure.

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**IS YOUR BABY
GETTING ENOUGH
SLEEP?**

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