

---

Under the Wing Sleep Consultancy

---

# NAVIGATING YOUR LITTLE ONE'S SLEEP ON HOLIDAY

---

5 tips to help your little one sleep well on holiday





# Table of CONTENTS

01

Home Comforts

02

Sleep Environment

03

Keeping Cool

04

Fluids

05

Time Zone



# I'm Hannah Welcome

As a sleep consultant and a Mum I can assure you that this guide contains all you need to know to give your little one the best opportunity to sleep well on holidays



## How I can Help *You?*

---

There are many reasons that your little one may not sleep well on holidays. Here are some helpful hints to help you maximise your baby's sleep. If you need some more personalised advice then don't be afraid to reach out. Don't let the fear of your little one not sleeping stop you from going away.

*Hannah Quirke*



01

# HOME COMFORTS



On holiday, the sleep environment will be different for your little one. You can help them to feel more at ease by packing items that are usually in their sleep space such as; their sleep bag, or a familiar blanket. This can provide them with some added comfort.

Your toddler may want to bring their favourite stuffed animal with them or even their favourite book to read before bed. Bring something that is familiar for them.



Make the sleep space as dark as possible. It could be worthwhile checking with the accommodation provider to see if there are blinds in the bedrooms, alternatively, you could pack a travel blackout blind.

Depending on your chosen accommodation it may be beneficial to use white noise or some calming sleep music to block out other environmental noises. For example, neighbouring holiday makers or family members who may stay up later.





## Keeping Cool

03

### Keep the room cool:

The ideal sleep environment would be between 16-20 degrees. If the accommodation provides air-conditioning, you could set the unit to this temperature and then dress your little one appropriately.

Alternatively, if the accommodation provide a fan for the room, ensure it is not directly pointing towards your little one and that the cord is safely out of reach,

You can also shut your blinds and windows in the daytime whilst you are out to try and keep your room cool. It would be a good idea to let housekeeping know that this is your preference.



## Keeping Cool

### Reducing your little one's temperature:

It can be beneficial to offer a slightly cooler bath time if your little one has been hot and sticky. It is a good idea to remove any sun-cream before bed to make them feel as comfortable as possible in their sleep space.

Offering a bath before bedtime can help to provide some consistency to your bedtime routine and help your little one to wind down from the excitement of the day.



## Fluids

Offer more fluids than usual to your little one whilst on holidays, whether they are breastfeeding, bottle feeding or eating solids and taking water, keeping them well hydrated will help them not only feel better during the day but help them sleep better at night too.

It would be a good idea to prepare a sippy cup/or bottle incase they wake, thirsty in the night. Sometimes, air conditioning units can dry the air out, which may make your little one thirsty.





Your little one's routine may need to change slightly to adjust to a new time zone or even just to suit your holiday activities.

You can 'slide' your routine to help you make the most out of your holiday. For example, a 7-7 routine can easily 'slide' to become a 9-9 routine. For example, keep your usual nap structure and wake windows the same but you are just starting and ending the day at a new time. This would allow you to enjoy the evening entertainment or go out for an evening family meal.

You may find that nap times change on holiday as your little ones will be more on the go and the heat will tire them out but that's okay!

Remember its only temporary- you can go back to your usual routine when you return home, it may just take a few days for them to adjust.





## BONUS CONTENT: TRAVEL TIPS



- It can be useful to take a buggy to the airport, you may be able to take your buggy on board with you or check it in at the gate. Be sure to check the airline's guidelines, before you travel.
- You may find that a baby carrier suits your travel needs better. It can allow you to have your hands free and may be comforting for your little one as you venture.



Having either a buggy or carrier can be useful for nap times whilst in the airport, especially if your travel is delayed. It means you will have somewhere comfortable for your little one to sleep.



- Pack your little one's essentials in your carry-on. This way, you'll have what you need during the flight and if there's an issue with your checked luggage, you'll still have their essentials to see you through.
- Before the flight, change their nappy. If they are comfortable, they are more likely to be relaxed in flight and may even contact nap on you, if appropriate.
- It can be a good idea to offer your little one milk or a drink during take off/ landing to help their ears with the pressure.



# Relax and Enjoy

Enjoy your holiday and go with the flow while you're there. Don't worry about your late nights, naps on the go, sharing a room etc. If you find that your little one is especially tired one day then do a little extra rescue nap to tide them over. If you need some more tailored advice then contact me. I'm happy to share my experience with you so that you get the most out of your holiday with your little one.

*Hannah Quirke*

[hannah@underthewingsleepconsultancy.ie](mailto:hannah@underthewingsleepconsultancy.ie)

0851188967