

Wander & Rest

A SLEEP SURVIVAL GUIDE FOR PARENTS ON
THE GO!



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TRAVELING WITH KIDS: KEEP YOUR SANITY AND THEIR SLEEP ON TRACK!"

Traveling with children is a wonderful opportunity to immerse them in new cultures, flavors, and adventures. Yet, let's be real: keeping little ones happy, engaged, and well-rested throughout a trip is no small feat! Here are some proven strategies to help you enjoy the journey and keep everyone – including yourself – relaxed, refreshed, and ready for adventure.



Start with Proper Planning

The key to a successful trip with children starts with meticulous planning. Research your destination thoroughly to understand its child-friendly attractions, amenities, and potential challenges. Choose accommodations that allow everyone in the family to sleep comfortably. For some families, this may be an adjoining room, a room with a pull-out couch, or the option to rent a travel crib. Ask your hotel what they offer to accommodate you and your family. Most hotels have playpens and bottle warmers.

Pack Wisely

Packing is an art when it comes to traveling with children. Besides the essentials like clothing and toiletries, remember to pack snacks, toys, games, and comfort items, like a favorite blanket or stuffed animal. Also, consider packing for you and your little one(s) a change of clothes in your carry-on in case of spills or accidents during the journey. Ask your hotel what they offer to accommodate you and your family. Most hotels have playpens and bottle warmers. The less you have to pack the easier it will be for you!



Maintain a Routine

Children thrive on routines. While it might not be possible to stick to your regular schedule while traveling, try to maintain some semblance of a routine, especially when it comes to meals and sleep. This can provide a sense of familiarity and stability in a new environment.

ITS OKAY IF YOU CAN'T!



Plan for Entertainment

Long travel hours can be tedious for children. Plan for this by packing a variety of entertainment options. This could include books, coloring materials, portable gaming devices, or downloaded movies and shows on a tablet. Remember to include headphones to ensure other passengers are not disturbed.

At the end I will list the things I love to take for our travels



Set up their Sleep Space

While it may be tempting to share a bed with your child on vacation, it can lead to some big challenges when you get back home! Get a hotel room with a pull-out couch, and if you have two kids sleeping in the same bed, create a pillow wall between them to provide a sense of privacy and separation. There are also inflatable toddler beds.



My Fav Sleep Travel Products

If your child is accustomed to a dark room at home, you can consider investing in a SnoozeShade Canopy or Gro Blinds! A portable, battery-operated white noise machine can be very helpful too, to drown out noises at the hotel or for naps on the go. See more of my favorite products later in this guide!



Stay Hydrated and Snacked

Keeping your children hydrated and full is crucial, especially during lengthy travel. Pack a variety of their favorite snacks and enough water to keep them satisfied. However, avoid sugary snacks and drinks that could lead to energy crashes and increase their restlessness.



Sleep in Different Time Zones

Before you go, try shifting mealtimes, bedtimes and wake times towards new time zones. This will help you and your child adjust more quickly when you get there. Once you've arrived, spent time outside in daylight and offer short daytime naps when you or your child feels sleepy.



Prepare for Climate Changes

If you're traveling to a place with a significantly different climate, prepare your children by packing appropriate sleepwear. This might include warmer pjs and a sleep sack or dressing down in light pjs for a hot climate.

HOW TO DRESS BABY FOR SLEEP



Make Time for Naps

Aim to have half of your child's naps at "home" whenever possible to avoid a build up of sleep debt throughout your vacation. If you will be out and about during your child's usual nap time, bring your stroller or your carrier so they can sleep, or plan one of your drives for nap time.

Be Flexible

While it's good to have a plan, it's equally important to be flexible when traveling with children. Things might not always go according to plan, but that's okay. Be prepared to adjust your schedule or expectations when necessary.

Traveling with children can be a challenging yet incredibly rewarding experience. With a little planning, a lot of patience, and a flexible attitude, you can ensure a memorable trip for the entire family. Remember, the goal is not only to reach the destination but also to enjoy the journey along the way. Have fun!



SLEEP & TRAVEL CHECKLIST

- Bottles/eating and drinking containers
- Pyjamas
- Sleep sack or Swaddle
- Comfort blanket, pacifier, fav. toy
- White noise machine
- Stroller
- Baby carrier
- Soap and brush to clean the bottles



- Pack n' Play
- Pack n' Play cover/shade
- Inflatable toddler bed
- Portable baby monitor
- Toddler blanket
- A book for mama once lights go out!
- Medication/first aid

MY FAVORITE TRAVEL PRODUCTS



STROLLER

Taking a stroller and/or baby carrier is essential. Now most places offer rental strollers and car seats. Now there are two strollers I LOVE to be able to travel with my kids: [YOYO](#), [MAMAZING](#) and for babies [DOONA](#)



SLEEP SACK / SWADDLE

I do not have a favorite brand but I do have a favorite type (velcro) - the material is so soft and snuggly. Dressing your child in their regular sleepwear is a great cue to let them know sleep is coming, even in a different place! Be sure to pack at least two or three! Here is the link to check them out: for babies and infants [HALO](#) and for toddlers [MICHLEY](#)



PACK N' PLAY CANOPY

If you are traveling often, you should consider investing in a blackout canopy to cover your child's pack n' play. This is especially helpful when room-sharing, so you can read or watch a show after your little one goes down, and don't have to worry about sitting in the dark! These products are great for this, you can find my favorite ones [SLUMBERPOD](#), [BLACKOUT](#), and [INFLATABLE BED](#).

Please note: I may earn commissions from my sponsored links. This, however, has no bearing on my recommendations. I only recommend products that I have used myself and/or are top quality.

MY FAV TRAVEL PRODUCTS



CARSEAT SHADE

Essential for naps on the go! These air permeable, shades are available for infant car seats and strollers. They provide a dark space for your child to snooze away, without UV rays or distractions.



WHITE NOISE MACHINE

Block out any noises from outside the room and provide a great sleep cue for your child. I recommend using rain or white noise. Make sure it takes batteries in case you go camping! [White Noise Machine Babelio Mini Sound Machine](#)



LOVEY / FAV STUFFED ANIMAL

Having a familiar comfort item on the road can ease the transition at bedtime in a new place. [TUMAGO](#) has extremely soft, breathable, and snuggly comfort blankets that my children love. You can find them here [TUMAGO](#). Please note, if you are introducing a lovey to a child under 12 months of age you should check in with your doctor first.

Please note: I may earn commissions from my sponsored links. This, however, has no bearing on my recommendations. I only recommend products that I have used myself and/or are top quality.





Be in the know. Sleep tips coming your way!

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