

Welcome to Sleep Camp!



Dear Camper,

Sure, summer is all about fun and flexibility, but that doesn't mean you have to throw healthy sleep habits out the window or wait until it's over to implement new ones. Instead, aim to seek balance between preserving sleep schedules and throwing caution to the wind for your plans. Consider this a friendly nudge to embrace the summer chaos — after all, you can only control so much. Rest assured that life will settle back to normal soon enough.

In the meantime, we've got your back. Here are some best practices that can help in the sleep department while you're in the throes of beach trips, park playdates, slinging summer snacks, and endless laundry piles.

Need a heavier hitting summer strategy? For more personalized support, we can always create a custom sleep plan to accommodate your changing schedule. Check out [Huckleberry Premium memberships](#) to learn more!

Join the campfire!



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Meet your camp counselors



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Fitness
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NAVIGATING YOUR GUIDE

While this guide is universal, some tips are designed to be age-appropriate. Look for your child's camp banner to learn more!



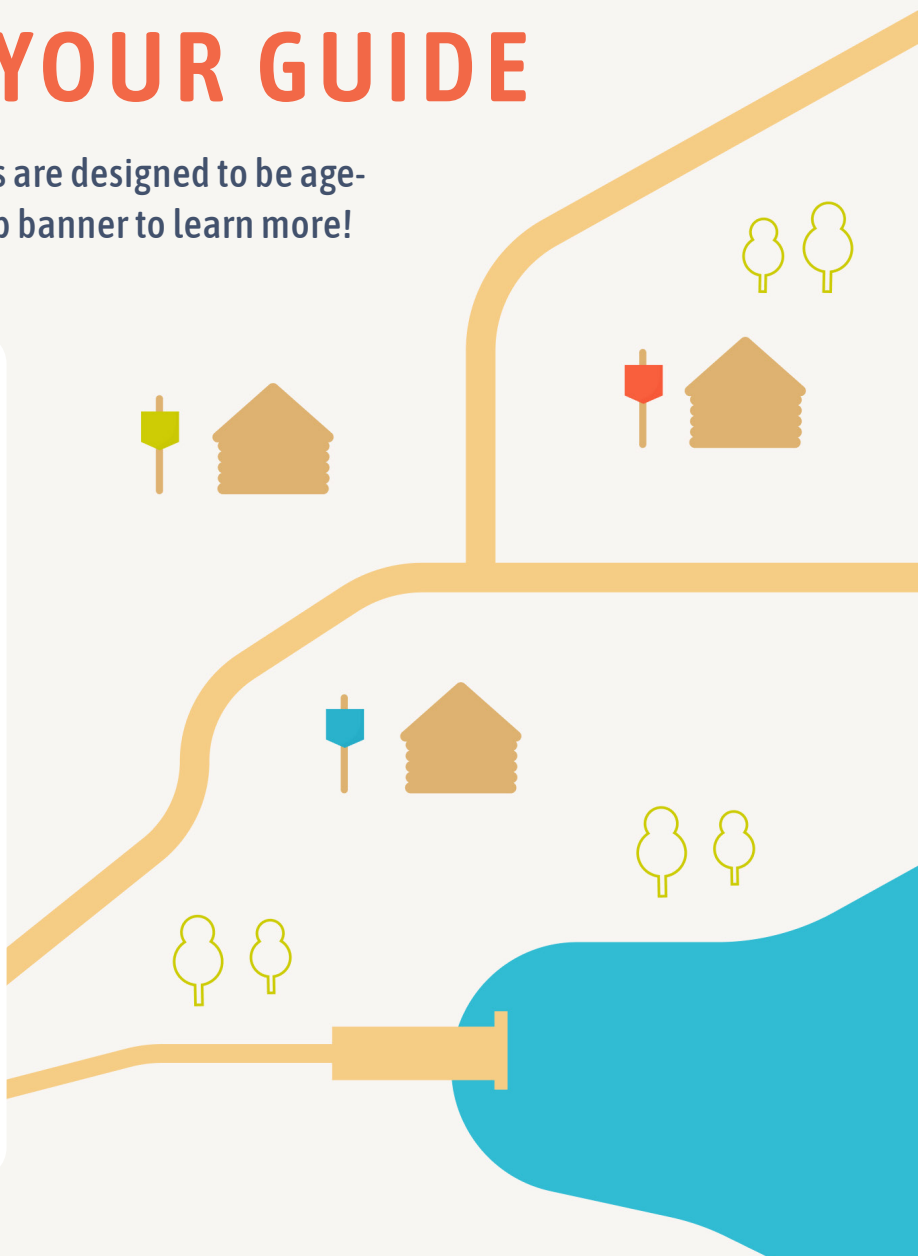
0 - 11 months



1 - 2 years



3+ years



Let's learn the Sleep Camp motto:

S'MORE!

Sleep



Movement



Outdoors

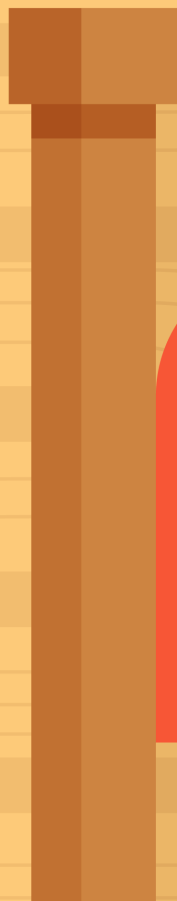
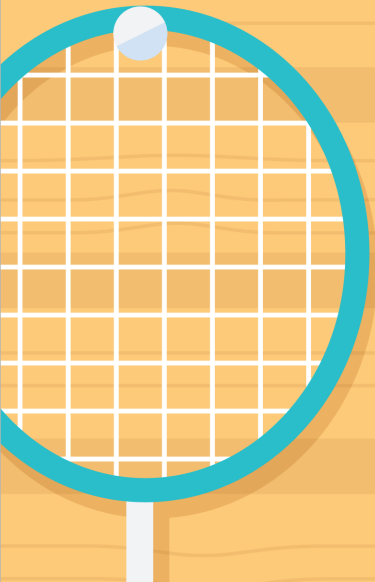


Routines



Eating







How to adjust to a different summer schedule

Summer fun means sleep may be disrupted. Adventures and activities sometimes outweigh preserving routines and sleep schedules. And that's OK when done in moderation. You can still navigate those busy days while also prioritizing sleep.

EXPERT TIP: Aim for the 80/20 rule

If you're struggling between fun and structure this summer, opt for 80/20 instead. The idea is 80% of the time, you preserve your family's normal sleep structure and routines as best you can. The other 20%, you can allow for some flexibility — i.e., a skipped nap here or a late bedtime there.

This ratio can help preserve healthy sleep hygiene for your little camper while making space for experiences and excitement outside of your regular routine. As a caregiver, it can also ease up feelings of guilt when busy summer schedules are inevitably thrown off, like a game running late or traffic on the way home from a cookout.



Amber LoRe
Sleep Counselor

Watch for overtiredness!



Keep an eye on wake windows

Knowing age-appropriate wake windows can help you find your child's optimal nap and bedtimes. Use your child's wake windows and sleepy cues to help prevent overtiredness.



Move bedtime earlier if naps are short or skipped

If daytime sleep is disrupted, we suggest moving bedtime earlier to avoid overtiredness. Just avoid going any earlier than 6:00 PM.



Offer a bedtime that allows for adequate overnight sleep

A bedtime that allows for 10 - 12 hours of sleep can help your child get the rest they need. If they typically wake around 7 AM, a bedtime between 7 - 9 PM may be best.

Adjusting to new faces or places

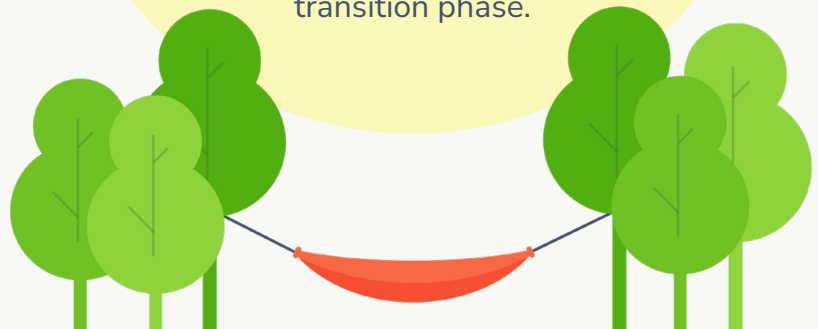
Summer commonly involves changes in caregivers and/or environments, such as a different childcare facility or nanny. Some kids may adapt quickly to these changes, others may need some time to adjust — both are normal!

Help keep naps on track when children have new caregivers

EXPERT TIP:

Daytime sleep may be disrupted with childcare changes

If your child will be with a different person or at a new place for childcare, keep in mind that naps might be skipped or shortened at first while they're adjusting. Try to maintain normal nap and bedtime routines if possible during this transition phase.



Communicate wake windows and sleep schedules

If your little one has different childcare over the summer, it can be helpful to communicate their typical wake windows and nap schedule in order to remain as consistent as possible.



Aim to maintain routines and provide comfort items

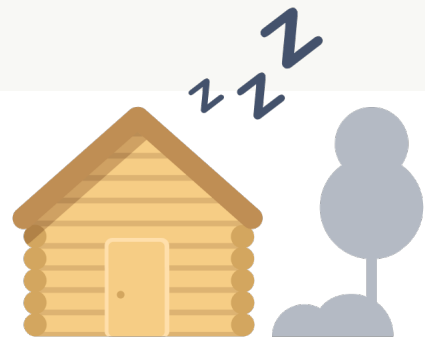
Toddlers thrive on routines and knowing what to expect. Keeping a consistent nap routine and a child's special comfort items can help them settle for naps when transitioning to a new caregiver or facility.



Prep your child for changes

Talking to older children ahead of time about changes in childcare and what to expect may help the period of transition, whether or not they're still napping during the day.

How to start healthy sleep habits over the summer



If you'd like to make changes to your child's sleep but have reservations about adding another item on your summer to-do list, consider making some small, meaningful tweaks first. Sometimes little changes can have a big impact!

Is your child regularly fighting sleep?



Give baby regular opportunities to fall asleep in the crib

When babies over 3 months old fall asleep in their parent's arms, this can lead to protest when they wake up in their crib instead. In this case, try giving them regular chances to fall asleep in their sleep space. This can help them learn how to fall back to sleep more easily in the crib too.



Offer limited choices at bedtime

Giving toddlers limited choices during their bedtime routine can minimize stall tactics and give them a much-appreciated sense of control. Try giving them clear, age-appropriate choices like picking between two sets of pajamas or choosing a bedtime book.



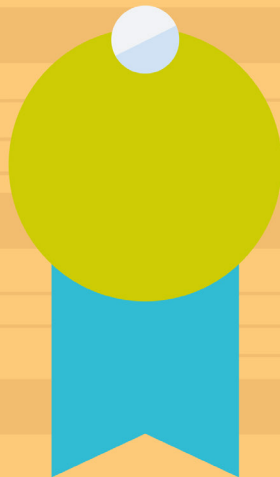
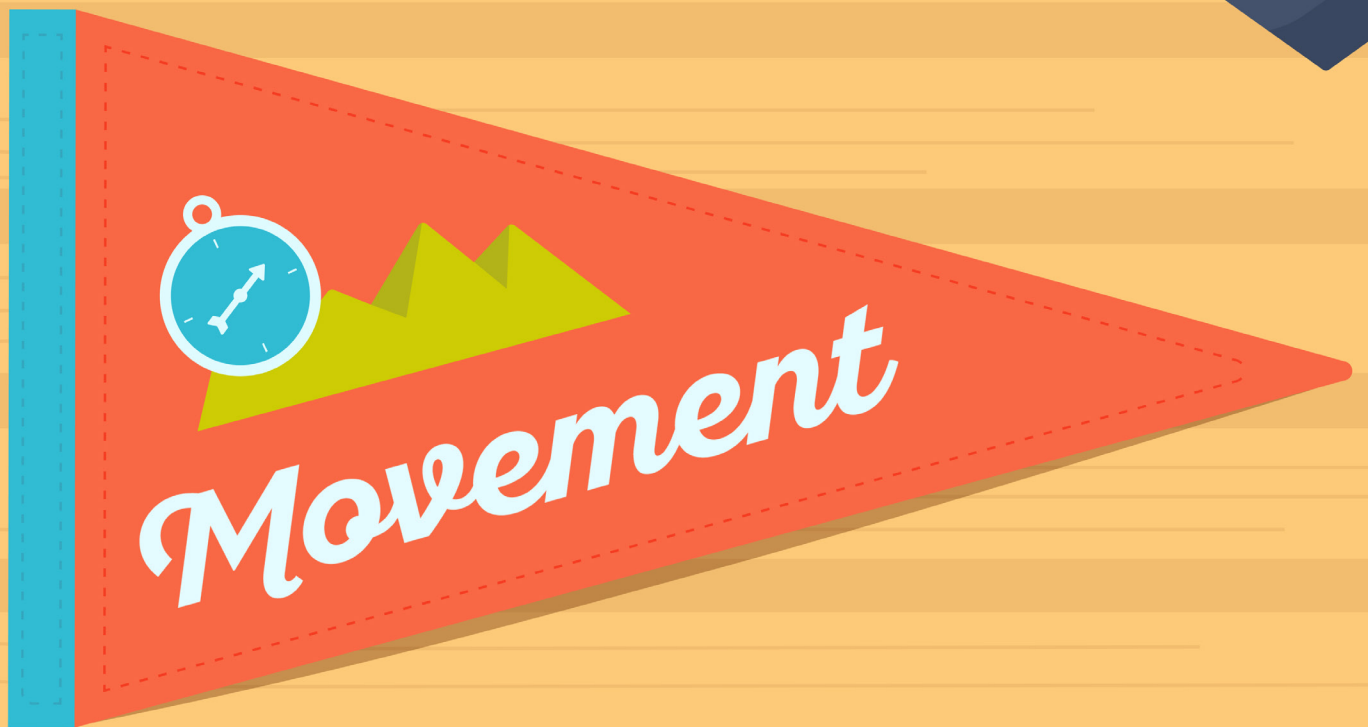
Use a timer for transitions

It's tricky for bigger kids to stop any fun to get ready for sleep. This age is typically when the "one more minute" games begin. To set clear expectations for starting bedtime, try using a visual timer. When it goes off, say something like: "Oh, the timer is off! That sound means it's time to stop playing. It's time to get ready for bed now."

EXPERT TIP:

Aim for a consistent morning rise time

It may feel counterintuitive to wake up your child, but starting each day at a consistent time can make a big difference in how the rest of the day goes, sleepwise. For babies over 3 months, strive for the same morning wake up time (within 30 mins) to help regulate their schedule and make it easier to find optimum nap and/or bedtimes.



CHAPTER 2 - MOVEMENT

Summer fun involves lots of movement for children of all ages, whether it's kids splashing in a pool, toddlers practicing climbing up stairs at a playground, or a young baby working on a mighty minute of tummy time on the grass. And that's great!



Perks of movement for kids

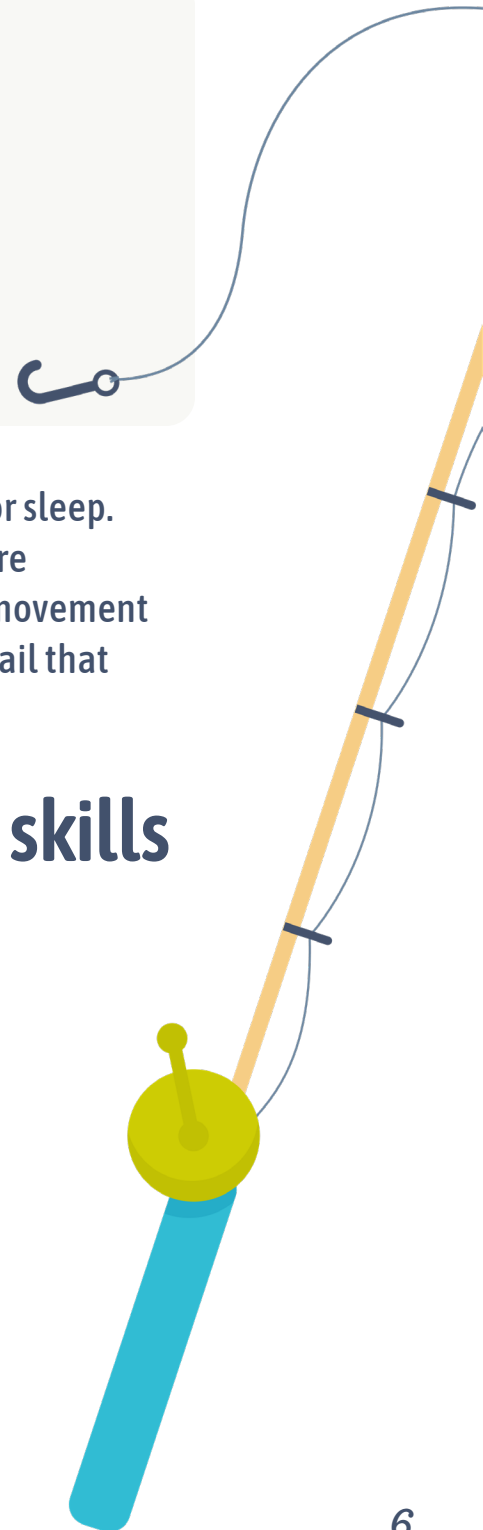
- Improved motor and cognitive development
- Emotional regulation
- Better physical health (like strong bones!)
- Reduced risk of injury

When it comes to movement and sleep, it can help little ones settle for sleep. However, new motor skills can also (temporarily) make sleep a bit more challenging for children. Here are some of our favorite tips for using movement as a tool for sleep success and how to help ensure new skills don't derail that precious summer sleep.

Help children adjust to new motor skills

It's so exciting when a child begins a new gross motor skill, whether it's a baby starting to roll, a toddler's first steps, or an older child learning to skip. When children master milestones it's a big deal to them — and to caregivers too! However, the downside is that gross motor development can also temporarily disrupt sleep.

There's often a period of adjustment when children would much rather practice these new tricks in bed instead of sleep. Here are some tips to help your little one sleep (and sleep safely!) if they've reached a new motor milestone this summer.



CHAPTER 2 - MOVEMENT

EXPERT TIP: Encourage kiddos to practice new skills during the day for better sleep

Setting aside sufficient time for your child to work on new skills they're learning can help sleep disruptions pass more quickly. For instance, give babies time to practice rolling, sitting, and crawling when those milestones are on the horizon. Toddlers may need some extra time when they're working on skills like standing, walking, or running. Big kids may experience sleep disruptions when they're mastering physical and mental tasks like hopping on one foot, using scissors, or learning the ABCs.

Safe sleep practices to consider as motor skills develop



Crib safety practices for pre-walkers

- Stop swaddling when baby first shows signs of rolling
- It's time to lower the crib when baby is sitting up independently
- It's time to lower the crib again when baby starts standing



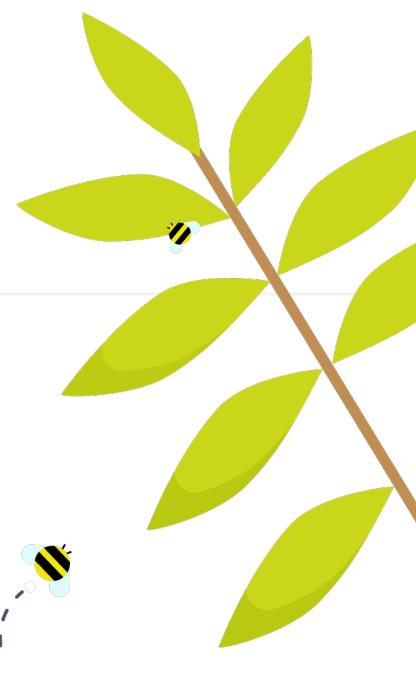
Crib safety practices for toddlers

- If your child is a climber, consider using a sleep sack if you don't already
- It's OK to introduce comfort objects after 12 months
- The AAP recommends avoiding pillows until age 2



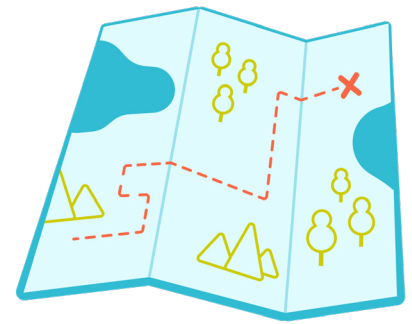
Big kid bed safety

- After 2, removable bed rails can help prevent falling
- Childproof their sleep space: Secure furniture, use safety latches, and be mindful of cords
- Consider using other safety measure like gates and locked doors



Help kids regulate before bed

It's tricky to suddenly transition from playtime to bedtime. Who wants to sleep when there's more fun to be had? Instead of fighting battles, try helping your little one regulate before sleep with these tips.



EXPERT TIP: Follow the same bedtime routine every night

Children of all ages thrive on routine and structure, so it can be helpful to complete the same bedtime routine every night — in the same order. This helps little ones know what comes next (sleep!) and settle down for the night. The routine can be simple for a young baby or take 30+ minutes for an older child. The important part is keeping it consistent every night, if possible.

Movement can actually help kids get ready for sleep!



Get baby ready for sleep

Depending on your infant's temperament, these activities may be soothing at bedtime. If not, that's OK! Pick activities that suit your baby's needs and your family's schedule.

- Story time
- Rocking
- Baby massage



Heavy work activities for before bedtime

"Heavy work" (an activity that pulls and pushes against the body) can help a toddler calm their body before bed. Consider:

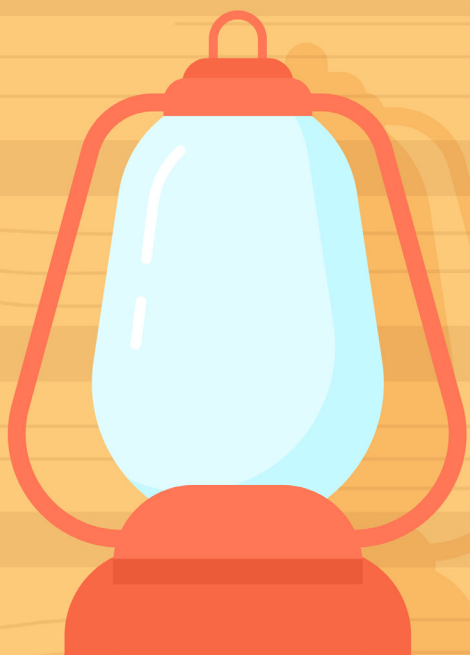
- Pushing a laundry basket
- Rolling on a yoga ball
- Animal walks ("jump like a frog")



Kid-friendly yoga moves

Connecting breath to movement in yoga can help kids turn inward and slow down, which helps their bodies realize it's time for sleep! Before bed, try:

- Long, deep breaths in
- Longer open-mouth exhales
- Close eyes and reflect on the day



CHAPTER 3 - OUTDOORS



Getting outside improves children's cognitive, mental, emotional, and physical health — and can help them sleep better too! After what may have been a long (very long), cold winter full of multiple layers and gear, it's time to embrace the sunshine with open arms... and plenty of sun protection.

Long live warm days filled with picnics, pool time, and plenty of physical activity. Whether you're in the backyard or hitting the road, here's what's so great about the great outdoors.



Summer often comes with outdoor adventures away from home. Whether you spend a quick weekend at grandma's or journey across time zones, you're bound to make priceless memories for your family, despite any snafus that come with travel. Trips can be tricky with little ones, especially in the sleep department. Keep these tips in mind to help curb any sleep issues that come with outdoor summer fun.

Help kids adjust to going to bed when it's light out

The sun is still up so that means it's playtime, right? Longer days of summer sunlight are great for getting outside, but it can be tricky for your child to switch into sleep mode when it's bright and sunny out. And light exposure in the evening suppresses melatonin and can actually push the sleep cycle later. If you're feeling stuck in a cycle of late bedtimes, try the following tips to help your little one get the rest they need.

CHAPTER 3 - OUTDOORS

EXPERT TIP: Make your child's sleep space dark for sleep times

Sunlight sneaking in the room at bedtime as well as very early in the morning can throw off your little one's internal clock. Consider using blackout curtains or blinds in their sleep space to ensure that natural light exposure doesn't result in too little sleep, both overnight and during the day for children taking naps.



Amber LoRe
Sleep Counselor

Help your child sleep when it's light outside



Expose baby to natural light in the morning

Try exposing your infant to natural sunlight in the morning, at the time you'd like them to wake up. Early morning sunlight can help regulate their schedule.



Expose toddler to natural light in the evening

Giving your toddler time outdoors in the evening can help shift their internal clock later, which may result in a later morning wake time. Wouldn't that be a win?



If bedtime is becoming too late, try an early wake up time

Outdoor playtime over the summer is great for kids, but it can also result in a cycle of going to bed late, then sleeping in, and going to bed late again. If that's not desired, try waking them up a little earlier each morning to slowly adjust bedtime earlier.

Adjust to travel like a pro

It's hard enough for adults to handle long travel days and sleep in unfamiliar places while traveling so imagine how tricky it may be for your little one! That said, you don't have to abandon all hopes of a restful trip. Here are some travel tips for ensuring your child sleeps as well as possible away from home.



EXPERT TIP: Don't forget sleep essentials!

Make sure to pack all of those sleep essentials on your trip, from practical to personal items like transitional objects (stuffedies, special blankets, etc).

Minimize sleep disruptions while traveling



Practice one nap per day in a travel crib at home

Help your baby get used to a travel crib before you set off on your adventure by practicing at home once a day, if possible. The goal is that they're already used to this sleep space when you arrive at your destination.



Aim to account for sleep in travel arrangements

Try to make travel plans that take into account your toddler's sleep schedule, if possible. For example, you likely don't want to schedule a flight that requires you to arrive at the airport at your child's nap time. By the time you get to your destination, a skipped nap can lead to a meltdown.



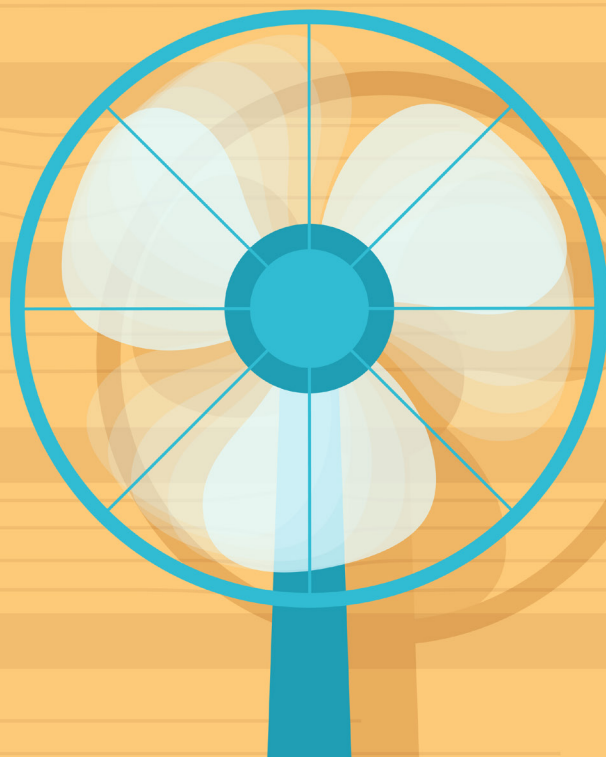
Balance busy days with down time

Bigger kids are likely to dive right into busy days and late nights while away from home. However, exciting activities coupled with a lack of sleep can catch up to them and lead to meltdowns. Aim to include some relaxing days to balance the busier days which can reduce overwhelm and overtiredness.

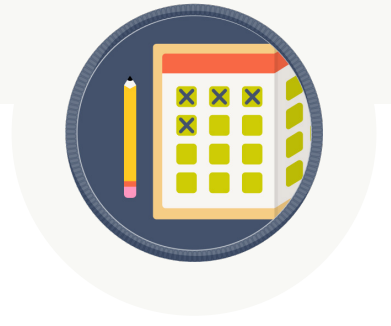


Packing List

- ☐ Small bag of quiet activities to distract during skipped naps (e.g., books, coloring items, figurines)
- ☐ Meals, snacks, feeding essentials (i.e., bottles and/or pump)
- ☐ Swaddle, sleep sack, pajamas
- ☐ Portable white noise player
- ☐ Tablet for lullabies/calm audiobooks/bedtime stories
- ☐ Toddler clock to prevent early wake ups
- ☐ Travel blackout blinds
- ☐ Sunshade for stroller
- ☐ Portable crib or toddler bed
- ☐ Inflatable bed rails (or tuck a rolled-up towel under the fitted sheet to prevent your preschooler from rolling out of bed)
- ☐ Motion sickness remedies (check with your pediatrician)



CHAPTER 4 - ROUTINES



Children thrive on routines, especially when it comes to sleep. Routines before bedtime help little ones know what to expect and that sleep is next, which is especially helpful when your baby isn't old enough to understand when you say, "It's time to go to sleep." Toddlers and older children can also benefit from time and space to adjust from playtime to sleepytime.

However, over the busy summer you may find that keeping up (or implementing) bedtime routines seems like another lofty task on your to-do list. Who has time for that when you're rushing home and it's already past bedtime?

While spending the extra time to go through a bedtime routine doesn't seem like the smart move in this case,

even a condensed version of your normal pre-sleep ritual can help settle your little one to sleep.

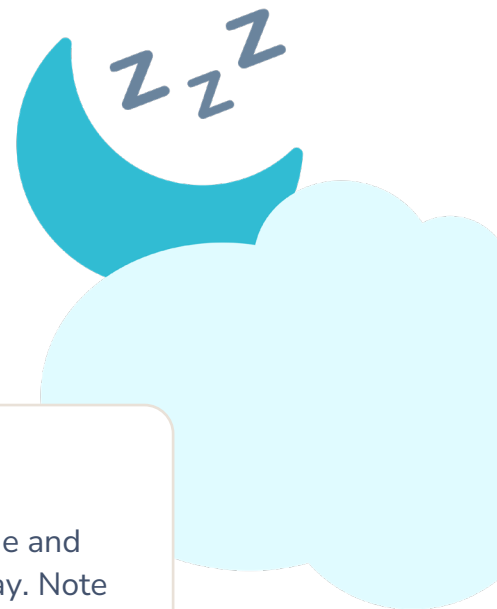
Here are more tips for finding a routine that works for your child and family.

Consistent bedtime routines are important for sleep!

Consistency is key when it comes to your child's pre-sleep rituals. Bedtime routines let your child know that sleep comes next and can help them wind down for rest.

EXPERT TIP: Keep up bedtime routines for better sleep

Aim to do the same routine (in the same order!) each night before bedtime and consider a pared-down version for naps if your child sleeps during the day. Note that if it's a late night and your child is melting down, it's often better to shorten the routine than skip it altogether.



CHAPTER 4 - ROUTINES

Create a bedtime routine that works for your child and family



For example, a baby's routine may look like this:

- Breastfeed or bottle
- Diaper change and light cleaning (washing hands, face, and gums)
- Lights are dimmed; pajamas and a sleep sack are put on
- Read a board book while snuggling
- Sing a lullaby while rocking
- Turn off the lights, kiss goodnight, and lay baby down in a crib



A toddler's routine could look like this:

- Bath, lotion, and brush teeth
- Dim the lights and dress in pajamas
- Read a couple of short books while cuddling
- Visit the potty one last time
- Lights off, goodnight hug and kiss and lay down in bed while sleepy



A preschooler's routine could look like this:

- Bath, lotion, and brush teeth
- Dim the lights and dress in pajamas
- Read a couple of short books while cuddling
- Visit the potty one last time
- Solo quiet activity time (reading etc.)
- Lights off, goodnight hug and kiss and lay down in bed while sleepy



Bedtime Routine

Notes: (Favorite books, songs, bedtime companions for 12+ mos, etc.)



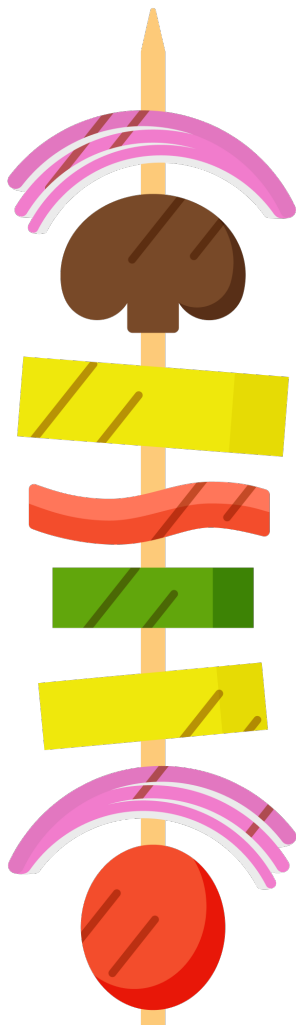
CHAPTER 5 - EATING



Between summer activities and warm temperatures, your little one may be hungrier and thirstier than usual. Offer more fuel to keep up with any increases in physical activity and fun. If you think your kiddo couldn't possibly eat more snacks in one day, guess again! This applies to babies too, even if they aren't mobile or relying on nutrition from solid food yet. Hot days lead to higher levels of perspiration, which increases their need for hydration from breast milk or formula.

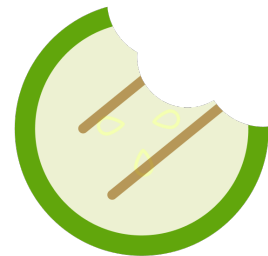
A full belly may lead to more sleep!

Along with maintaining overall health, ensuring your child's nutritional needs are met before naps and bedtime can benefit the sleep department. This is especially true if you find they're waking up early from naps or overnight.



Adjust meal times over the summer to keep sleep intact

On busy summer days, feeding schedules can easily be thrown off — sometimes children are too distracted by the excitement of an activity to eat and other times they may want to eat more than usual due to an increase in physical activity.



Whatever the case may be, flexibility (and snacks!) is the name of the game when it comes to little ones' summer eating.

CHAPTER 5 - EATING

EXPERT TIP: Try moving meals or snacks closer to sleep times

If you haven't already, try offering your child a snack or meal around 30 - 45 minutes before sleep times to see if having a full belly helps them stay asleep longer.



Amy Bassett
Feeding Counselor



Dana Peters
Feeding Counselor

Update eating schedules for summer fun and sleep



Offer more feeds during the day to decrease night feedings that disrupt sleep

It's common for babies to eat a little less than usual when you're out having an exciting, busy summer day. However, this may lead to additional feedings at night to make up for it. Aim to minimize distractions and offer more feeds during the day to decrease night feedings and get back on their typical feeding schedule.



Add in an extra snack

Consider adding in an additional snack on busy days with lots of physical activity to ensure your toddler doesn't wake up early from naps or overnight due to hunger.



Offer a pre-bedtime snack

Consider a pre-bedtime snack if it's been a particularly long, physically active day. Aim to make the mini meal something that's easy to digest, quick, and boring so they don't hold out for this snack every night before bed. Here are some examples:

- PB&J
- Yogurt
- Cheese + Crackers
- Glass of milk

Don't let hangry happen over the summer

If you're rushing around and your child becomes irritable, they may be "hangry." It's best to avoid this mix of hunger and anger (especially close to sleep times!) but it's not always possible.

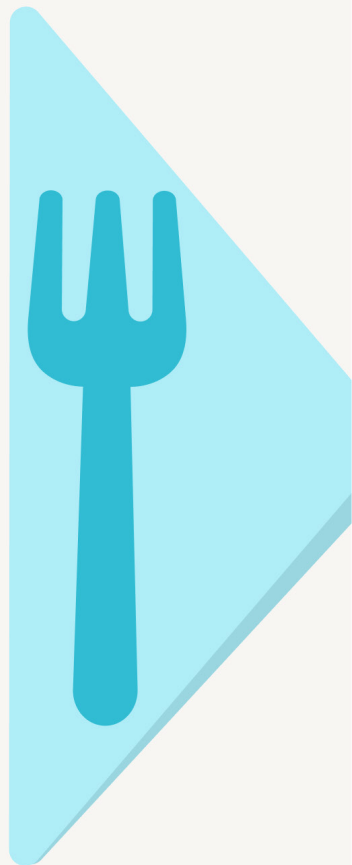
Keeping track of meal times while on the go may help. The [Huckleberry app](#) has feeding timers for bottles, breastfeeding, and solids so you can enjoy your outings.

EXPERT TIP:

Spark interest in eating

Take advantage of yummy summer meals and introduce your child to new foods and practices (like picnics). This can renew children's interest in eating, avoid them getting overtired and overly hungry, and expand their palettes too.

Note that while variety is important, we recommend offering safe and familiar food options with meals too.



CHAPTER 5 - EATING

Try to keep up eating schedules even if sleep schedules are thrown off



Cool, hydrating ideas for 6+ month olds:

- Freeze small pieces of fruit or puréed vegetables
- Make breast milk or formula “popsicles”
- Offer cool water, especially when outdoors



Easy, filling summer snack ideas when you’re rushing home for nap:

- If Freeze-dried fruit (which won’t melt!)
- Fruit and veggies pouches
- Yogurt or string cheese
- Peanut butter and jelly sandwich
- Smoothie (in an insulated cup)
- Multigrain crackers with cups of hummus or guacamole



Well-balanced breakfast ideas to energize after late or wakeful nights:

Breakfast formula: CARB + PROTEIN + FRUIT

- Waffle + nut butter + strawberries
- Pancake + breakfast sausage + banana
- Overnight oats + yogurt + blueberries
- Also consider adding glass of milk with breakfast



Hydrate, hydrate, hydrate!

Healthy hydration is very important for children of all ages year-round, but especially over the summer when temperatures and activity levels typically soar.

EXPERT TIP:

Make sure kids are drinking enough water

Per the American Academy of Pediatrics, this is how much water your little one should drink per day:

0 - 6 months: None, breast milk/formula are sufficient

6 - 12 months: Offer a total of 1/2 to 1 cup (4 - 8 oz)

12 - 24 months: 1 - 4 cups (8 - 32 oz)

2 - 5 years: 1 - 5 cups (8 - 40 oz)



Easy ways to help kids stay hydrated



Help baby (6mo+) stay hydrated

- Practice drinking water from a straw cup or open cup
- Offer fruits and veggies with high water content, such as watermelon and cucumbers
- This is a good time to practice drinking water outside!



Make beverages fun

- Add berries to water
- Make homemade popsicles
- Provide a special drinking cup



Prioritize healthy drinks

- Prioritize water and milk as go-to beverages
- Consider kid-specific electrolyte drinks
- Use funky straws!





