

# SLEEP SURVIVAL

Minimise Sleep Stress in the coming weeks!

---

1. ROUTINE IS KEY - Avoid your household going into meltdown with exhausted kids & parents! Stick to your normal routine, keep a rhythm to the day to avoid overtiredness!
2. USE UP ENERGY - If you're at home, think of ways to use up your child's energy to help them be ready for sleep at night. Create an obstacle course in the garden for some fun!
3. AVOID OVERTIREDNESS - This will result in frequent night wakes, early starts, and lots and lots of fussing! Optimise daytime and night time sleep to avoid.
4. GET THE RIGHT INFO - If you are struggling to manage your child's sleep challenges, now is NOT the time to be sleep deprived! Source reliable info and guidance and get in touch with any questions (FREE advice available!)



Fairy Sleep Mother x  
[www.fairysleepmother.co.uk](http://www.fairysleepmother.co.uk)

