



# MANAGING SICKNESS

It is inevitable sometimes to avoid sickness, and sometimes our sweet little children will find themselves trying to recover from a cold or something else. If you find yourself in this situation, our first recommendation is to reassure you not to panic. It is unlikely that the work you and your child put in for great routines and independent sleep skills will be completely lost as some extra cuddles and nighttime assistance might be needed.

You may, however, also be surprised that the consistent routine you have in place might be exactly what they need to get some very good consolidated sleep that makes them feel secure and safe, so take lead from your child during this tip. As you navigate through recovery with your child, here are our top tips to retain and regain as much needed sleep as possible for them

- Stick to the routine as much as possible for bedtime and allow them to fall asleep on their own.
- Consider shortening waketimes or allowing for longer naps. Sleep is the best thing for this time. Their bodies will need rest in order to recover, so don't worry about capping naps or trying to stick to strict schedules. If they are tired or sleepy, let them sleep! You might even need to shorten waketimes temporarily if you feel necessary.
- Keep bedtimes near the same time, and avoid pushing them out later
- If you feel your child needs to be close to you at night, consider moving into their room, allowing them to still stay in their sleep space.

And if you've found after recovering your routine feels a bit disrupted, don't worry! Apply your routine and practice your method, and you will find yourself back on track soon!

