



Tips for Flying with Your Baby

Traveling and flying with a baby can be a challenge. Below some tips to consider as you plan your trip.

Preparation

Call and check the airline's website to find out their regulations about traveling with babies. Most airlines have special rates for infants, so check ahead and see if it meets your travel budget.

Make a list of all the possible things you think you and your baby need.

Purchase several inexpensive new toys to amuse your baby during the flight.

Determining which Flight to Take

You are probably already familiar with your baby's schedule. If at all possible, it might help to travel when your baby will most likely be sleeping.

Travel during non-peak hours and on days where there are fewer passengers (usually Monday through Wednesday). Take a nonstop or direct flight.

Ask for a bulkhead seat, as this will give you more leg room. On some international flights you can get a bassinet for your baby in the bulkhead area – so be sure to ask if one is available.

The Flight

Try to get an aisle seat. Then you can get up more easily for diaper changes or to walk a fussy baby.

While some parents find it is helpful to pre-board so they can get their infant settled, others have found that boarding early results in a restless, sometimes fussy baby during the boarding process. When both parents are traveling with baby, probably the best choice is to have one parent board first and put away all the gear and the other parent board later with the baby.

Change your baby's diaper just before boarding the plane and frequently during the flight. Sitting for long periods of time in a wet diaper can cause diaper rash and contribute to fussiness.

If you are traveling with pumped breast milk or formula, be sure to check with the airline for the latest regulations. Pumped breast milk can be carried through the security check point, but must be declared to the security officer. It is not subject to the 100 ml rule that applies to other liquids.





Take off and landings can cause severe ear pain for babies. During these times, you should breastfeed your baby or give your baby a bottle. Giving your baby a pacifier to suck is also helpful though not as effective as feeding your baby.

Introduce yourself and your baby to the people sitting around you. If you are friendly, the people around you will be more understanding if your baby is crying – and often they will be more helpful all through the flight.

Don't be intimidated by breastfeeding during the flight. Be reasonably modest and few people will notice. Most passengers would rather be near a quiet breastfeeding baby than a crying baby waiting for a bottle.

Bring out those new toys at intervals during the flight to keep your baby amused.

Flight attendants will be happy to warm up pumped breast milk or formula and baby food for you during the flight.

If your baby is crying inconsolably, try taking him to the back of the plane and walking with him there. The noise of the engines and the vibrations are

often soothing for babies. Also, the engine noise will drown out your baby's cries and you'll feel better! Don't assume that every traveler on the plane is glaring at you – most parents know exactly what you're going through!

After the Flight

Wait until other passengers have deplaned before you do. Check around your seat to make sure that you have everything, especially things that cannot be replaced like favorite blankets and toys.

Review the flight, noting what worked best and what you would do differently next time.

Congratulate yourself on a job well done!



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