



## Infants

- Check with your pediatrician before traveling by air or train with premature or newborn infants before receiving their first set of immunizations.
- Pack more than you think you will need for formula feeding.
- Take pumping essentials.
- Pack wipes, diapers, and extra clothes for baby.
- Parents should pack extra clothes if the room allows.
- Pack a first-aid travel kit
- Research local pediatricians, urgent care locations in case your infant becomes sick while traveling
- Use a pacifier, breastfeed or offer a bottle to help with ear pressure at takeoff and landing.

## Toddlers

- Try to schedule travel around your toddler's nap, bed and feeding schedules if possible.
- Pack meals and snacks and pack more than you think you will need.
- Pack wipes, diapers and extra clothes for toddlers.
- Pack a first-aid travel kit
- Research local pediatricians, urgent care locations in case your child becomes sick while traveling
- Use a sippy or straw cup for drinking at takeoff and landing to help with ear pressure.

- Talk about airplanes, find books at the library, narrate what you will be doing on your trip.
- Bring novel toys that are quiet such as a small doodle magnetic board.
- Wrap old toys that they haven't played with in a while or new gadgets from the dollar store to add an element of surprise.
- If using electronic devices, preload videos, music and apps that don't require Wi-Fi.
- Bring snacks that are chewy such as dried mango or beef jerky.

## International Travel

- Check if there are any special passport, visa requirements or immunizations needed

## For Any Travel

- Check with lodging accommodations to see what baby gear may be provided.
- Consider travel insurance.
- Arrive earlier than you normally would like to check in.
- Don't worry about what other passengers may think, concentrate your energy on making your child happy.
- Breast milk and formula and pouches greater than 3.4 ounces (about 100.55 ml) are allowed to carry-on as well as cooling accessories like freezer packs. It is best to group all liquids and food together for a quicker screening process.
- Gate check your stroller – but it has to be able to fold in half.
- If possible, reserve bulkhead seats that have extra room-some airlines have pull-out bassinets in this area.
- The AAP suggests getting babies their own seat with a car seat.
- Is pre-boarding right for your child's temperament? Sitting an extra 30 minutes on a plane may not be best for your child.
- Find the airport's play area to try to keep your child awake before boarding, as well as for layovers if there is time.