

# Tips For Flying with Infants & Toddlers

## When you book your flight:

- Book a non-stop flight so you don't have to hassle with changing planes.
- Fly during off-peak hours, as airports will be less crowded and planes will likely not be as full.
- Look for flights that are scheduled during baby's nap time.
- Try to secure first row or "bulkhead" seats, which offer more leg room and keep your toddler from kicking the seat in front of them.

## Packing:

- Pack a bag with lots of extras, Ex. extra clothes, snacks, milk, juice, or water, diapers, wipes, and lots of quiet toys and books.
- Bring a "lovey"- your child's favorite blanket, pacifier, or stuffed animal.
- Bring ear plugs for toddlers to use to ease the change in ear pressure.

## At the Airport:

- Change diapers and go potty before the flight.
- Bring a stroller for easy travel through the airport.

## On the plane & entertainment:

- Feed infants by bottle or breast during take-off and landing. The sucking motion helps alleviate the ear pressure pain during these times.
- Bring along crayons and coloring books, or a portable DVD player with headphones for toddlers during the flight.
- Play quiet games such as "Peek A Boo".