

TRAVELING WITH BABIES

by Danielle Conti



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YOUR COMFORT IS KEY

Traveling with children is akin to playing a master level RPG like Zelda. Travel will present puzzles and it's your job to navigate them. Pack your comfort items first: extra clothes (the enemy is spit up), headphones, devices with saved material, and airport approved snacks. You will be less cranky and able to navigate the chaos to come.

BE PREPARED

Once you pack your comfort items, pack everything you could possibly need for your kid. ([Click here](#) for essential and nonessential items.) Always have a mini-bottle or pacifier ready for take off. **Pro-tip:** Don't start bottle feeding until you're on the runway about to take off. Delays or maintenance issues may throw off your flight plan. If you have a baby sensitive to noise, keep them sleeping with a comfy blanket until go-time.

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RESEARCH

Before you book a flight, research each airline you'll be traveling on to see what their limits are for gear and baby liquids. Most airlines (even Frontier) will check both your stroller and carseat for free at the gate. **Pro-tip:** Check your car seat at the main terminal before security. Check your stroller at the gate so you can push your kiddo (and supplies) around before boarding.

BUILD IN BREAKS

Breaks are meant to be for you and your child. If you have a layover that allows for a bathroom break, everyone should take one and immediately change your baby's diaper. Then grab a snack and head to your gate for the next round. If your travel schedule affords it, extend a layover or a long flight by a day to lessen the impact of drastic time zone changes.

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CREATE SYSTEMS

If you're traveling by yourself, you are a hero and we salute you. Have a friend or partner you can text when a venting session is in order. If you are traveling with a partner, systems will help you survive (e.g. - take off feeding plan, plan for the security line, etc.). See some great ideas [here](#).

PLAN FOR SMALL 'EXTRAS'

Whether you forgot diapers, wipes, or your baby has spit up all over both sets of clothes, you may need to purchase something in the airport. Don't fret. This is a rite of passage. Don that travel shirt with pride and then burn it later if it gives you nightmares.

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SURVIVE

Give yourself the grace to not judge what works. Not doing screens? If you've tried every toy in your bag and your child still won't sleep, have a video saved on your phone or play an in-flight movie. [Here's a great list of videos](#) that will help distract your babe.

BE EARLY

No matter how well you've packed, there will always be something you need to deal with at the airport. As a habitually tardy traveler, I beg you, be two hours early for your flight. For every perfect flight, there is the flight from hell that haunts your nightmares. Be early if possible. If you can't make it early enough, have a drink and go with the flow. Stay calm. You care for a child. You're a fucking hero and know what to do.

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