



▶ Little toys and books are key to breaking up the flight, have them close to hand.



▶ A BOTTLE/BREAST/PACIFIER FOR TAKE OFF AND LANDING HELPS BABIES WITH EAR ISSUES DUE TO DECOMPRESSION.



▶ NIGHT FLIGHTS ARE BEST FOR LONG HAUL AND TRY TO STICK TO THEIR ROUTINE AS BEST YOU CAN IN THE AIR.

Flying Tips

STEVENCRAWFORD.ORG HELPING PARENTS IN THE EARLY YEARS

Don't stress it's just a 14 hour flight!

So you have booked or are thinking about going on a holiday that involves flying with a baby or toddler. The first rule of flying with kids is not to stress out, even the best laid plans can come unstuck. You will read a range of info across various forums etcetera but they often are people talking about their child and their parenting style. Kids are all different just like us. With that in mind here are a few tips from a range of parents and families who have travelled short haul to long haul across Europe or further afield on flights from Australia to London or New York.

Long Haul Tips

Avoid the grey zone ages

The "grey zone" is between the ages of 12-18months where your little one is starting to get big, too big for a long journey on your lap, if you must travel during this time we recommend paying the extra money for the seat if it is a journey of any significant length.

Night Flight

As you know well routine is everything for little people. Flying is no different. I recommend for long haul journeys to plan your trip so that you are leaving towards late afternoon. Once you take off you can try as best as you can to a "normalised" routine. Dinner, wash (baby wipes), put on PJ's, brush teeth, "In the night garden" (or similar bedtime DVD) or bedtime book then bottle and try the sleep. This can really help you out on a 14hr flight. If they can get 6-8 hours' sleep after being on the flight for 2-3 hours already you would be well on your way to a dream journey. Make sure you wear them out in the morning and before the flight, make the lunch time sleep a little shorter.

Quick Flights & Other Tips

For little babies make sure that you are giving them a bottle during take off and landing. This will help with ear issues raised by decompression etc. Little snacks through the flight help. Have a portable DVD/iPad handy for their favorite show as short haul often have no in flight entertainment. Another handy tip as times is when it comes to boarding if you are traveling with a partner send them on before you. They can put the kit away and get a few things ready. Often the 25 min before take off is the most difficult and this leaves less time to be sat in a seat waiting. Take the chance for baby to have an extra 10-15 minutes tottering around or keeping them preoccupied and join at the end of the queue (not recommended for budget airlines that have non allocated seats). Do a last minute check before leaving so that you don't forget anything important as it is easy to do when your so focused on your little one. Don't forget that a majority on the flight are parents or will be a parent one day and themselves doing the same thing. Visit www.seatguru.com when booking to get check out the best area to book on the plane for you.

DVD Player / iPad

Inflight entertainment these days is fantastic but nothing is as good as going for an old faithful when they need some familiarity. Make sure you have a good selection or have your iPad loaded and your charger with you.

Toys

New toys are awesome for a long haul. They bring a little excitement and something to distract. Do include a few favourite ones as well as a few favourite books. Wrap the new ones up... "Seriously" you say? Yes! Unwrapping a new toy is some fun in itself and ups the ante of something special for them.

Packing

Have their carry on luggage set aside for their things keep things simple and don't over pack include PJ's, a change of clothes, a selection of food/snacks and milk/drinks, nappies, bottles, bib (the plastic ones with a catcher are great), wipes, toothbrush and toothpaste, toys and anything else that is a necessity in regards to your little one.

