



# Travelling with Babies & Children

Tips from the Gravidamiga Community

**GRAVIDAMIGA**  
PREGNANCY & BABIES

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[www.globalmobilitytrainer.com](http://www.globalmobilitytrainer.com)

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## BOOKING & PLANNING

Book a bassinet if possible. You'll get a bit more legroom and an extra place to put stuff.

It can be a big relief to put baby down for a little bit.

If travelling with only one parent bring an affidavit from the other parent that you are allowed to travel/leave the country with the child. Signed by them. Also bring a copy of the parent's passport and try to have them available to call.

Book an exit row seat to get in and out better.

For families of 4 or more – book 2 seats together and then two rows behind each other. Don't try to get one row together.

Consider transition times, available facilities & distances when booking flights.

Check airline regulations for strollers & car seats before booking. Try to keep stroller with you until you get to gate.

Don't assume it will be available right after landing though → pack a sling.

## PREPARING YOUR KIDS

Make it feel like an adventure to your kids.

Talk to your kids about the trip and what to expect, e.g. that they might have to walk through security without you or that their bag will be checked but they will get it after the flight.

Remember - your anxiety will transfer to your kids. Think about how you can make it easier for yourself and talk through any worries they have with your children.

Read books about airplane travel.

## PACKING FOR THE FLIGHT – Parents & Babies

When packing food & diapers, remember all the transition times – before, during and after your flights.

Take extra diapers, wipes, food, change of clothing, bottle, pacifier, formula, etc.  
Things fall on the floor, flights are delayed, ...

A scarf can do double duty as a nursing cover, blanket and for comfort.

Bring small amount of medications – headache tablets for you, fever medication for children, nose spray, something for nausea and diarrhea.

Pack disinfectant spray/get, hand lotion and chapstick – the dry air can wreak havoc. And a pen.

Pack plastic bags – for dirty diapers/clothing and any other garbage you may produce in flight.

Bring a change of clothes for everyone – including you. Pack in plastic bag so you can put the dirty clothes straight in.

Wear clothes you can manipulate one-handed – think using airplane bathroom with baby in arms.

Bring a sling or similar – for the plane and transition times.

## PACKING FOR THE FLIGHT – Kids

Stickers are your friend. Take fresh sheets of stickers for kids. They can craft, play, stick & remove them.

For kids – wrap toys (old & new) in gift wrap. Let them unwrap one every hour or so. One cool new thing can work wonders on a long flight.

Pack something familiar – also for the destination. A pillowcase from home gives a sense of familiarity and comfort.

Bring kids' headphones and tablets if you have them. Don't forget charging cables.

Hide favourite toys before travel so they feel "new".

Pack a small notebook and coloured pencils (no markers!) – doodle with your children. Or take turns challenging each other to draw something.

For older kids (4-8 yrs) make a chart with a box for every 30min of flight time. Give them stickers to mark off the time.

Bring small portions of favorite food & snacks in re-sealable baggies for your toddlers and kids. Hungry kids are grumpy kids.

Bring small (empty) water bottle and fill it on the plane. Let chance of spilling.

## DAY OF TRAVEL

Get to the airport 3 hours ahead of time for international flights. You may need extra time to nurse, change baby, figure out stroller rules, etc.

Be patient & calm – with your children, yourself and other passengers.

Change baby and take everyone to the bathroom before boarding.

Keep all documents easily accessible in a hip bag or small handbag (travel safe). Place copies of documents in hand luggage.

## IN-FLIGHT

Let baby nurse, drink or suck on pacifier during take off and landing to help equalize ear pressure.

Eating in flight can be tricky for a parent – baby squirming next to full tray of food... Ask to be served earlier or later or bring something you can eat without a mess.

Ask your children (all ages!) to help you. They will feel needed and much less worried if they can be of help.

Be friendly and talk to the passengers around you during/after boarding. Setting up a friendly rapport can help if the kids get cranky later.

Accept help in flight. If someone offers to hold/walk with baby to give you a rest or so you can go to the bathroom take them up on it.