

# TOP TIPS FOR TRAVELING WITH A CHILD



The holiday season is finally here and parents head out to conquer the world with their little ones. There is only one thing all parents dread before the well-deserved fun - the inevitable journey there.

It may seem an easy task, traveling with a child, though until one faces the situation, there is no way to understand. Children are unpredictable and long travel may turn even the cutest little sweetheart into a wild uncontrollable beast. It is challenging to make children, especially the little ones, understand why it is not all right to kick the seat in front of them or shout and cry when they're grumpy, though here is a set of a few simple tips which may help with handling long travel, especially in the air.

**Being mentally prepared for the journey is crucial;** all moms and dads should keep in mind that every flight has to end at some point. If a child is of a reasonable age, the ideal approach is to **prepare them before hand.** Talk to them and explain what they may expect. Funny rehearsals featuring a set of teddy bears and other toys as fellow passengers will make the teaching more fun and useful. The child needs to know that they will be fastened in their seat that they cannot just get up any time and wonder about the cabin.

Also, if possible, **book direct flights** - layovers at airports are undoubtedly the most frustrating aspect of traveling. Overnight flights are the best option - if you focus on tiring your child prior to the flight, you may just put their pyjamas on and let them drift off. It will help with adjusting to the different time zone.

**Choose your seat well.** If you need more space, bulkhead seats are the number one option. If you are potty-training your little one try to stay close to the bathroom. Even though many mummies prefer to keep their child on their laps - after all they may as long as the child is aged two years or under. However, sometimes the baby makes all movement too difficult. If possible, book a separate seat for your baby as well. You will be in control, have your own space and better maneuvering chances.

Keep in mind that children that are occupied behave. **Take as many games as possible,** to make sure you have a different one for every half hour as the baby will get bored sooner or later. Investing in a small portable DVD player may turn out to be the best decision of your life - kids love movies so make sure your battery is fully charged and you have a spare one with you. Sticker and coloring books are perfect and nothing will make your child happier than play dough all over their hands. Of course, it is needless to say that any game which involves noise will turn you into flight enemy number one, so be careful.

Even though you try to keep you child away from an overdose of sweets, long flights are a good enough reason to break your vows. Take lots of snacks with you and reveal them strategically. If you're breastfeeding, remember to feed your baby during take off and landing - swallowing helps to deal with the changing pressure.

Golden rule number one: pack more than you think you need. It is better to have plenty, than have an upset baby and dozens of angry travelers against you.

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