

- Travel

Flying with kids? Tips for a stress-free trip

From toys to timing, here's how a little planning can make travelling with young ones painless

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As travelling becomes less of a challenge and the pandemic hopefully beginning to ease, it's time to start planning summer family holidays. But if you are heading out with babies or very young children for the first time, you'll face some different challenges.



Here are some top tips for families planning to travel with little ones:

Booking your flights

Look to match your flights with your child's daily routine — where possible, try to arrange your flight times to suit it. For instance, don't opt for a late-night departure or overnight flight thinking your kids will sleep through it. They may not with all the excitement and noise, and you'll be doubly exhausted.

Aim to plan a flight departure to fit in between mealtimes or naps as this can help reduce the chance of public tantrums.

Choose your seats wisely

If you can, always book your baby a bassinet, or choose bulkhead seats. It's worth considering sitting closer to the toilets, making trips with kids a lot more convenient.

Before boarding

Explain the security process to your kids if they are old enough to understand. It can be confusing for children, having to load their special things on the conveyor belt and be separated (albeit very briefly) from their parents to go through the scanner.

If you want to take a pram through the airport, consider investing in a folding one that can be taken on board the plane as carry on.

Take travel snacks

Carry healthy, protein-filled treats with you in case of unexpected delays, or for when moving between time zones.

Encourage them to take sips of water as often as possible too, as dehydration can exacerbate jetlag.

Carry fruit gums or similar chewy sweets as they are great for take-off and

ears. landing for older children, to help reduce the pressure on their