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Tips For Air Travel With Your Toddlers

By Abby Johnson

It can be very difficult to travel by airplane with young kids. When you travel by car you can stop

every few hours and let your toddler get a little exercise. When on an airplane, however, you are confined to a small space for the duration of the flight. This can be very stressful and difficult on a long flight and if your toddler is cranky, the flight can seem even longer. The following tips might help to make your flight more enjoyable for your toddler, you and the other passengers.

1. Consider purchasing a seat for your toddler. Although you are allowed to fly with your child in your lap, this may not be the most comfortable for you or your child. This will allow you a little more mobility and will make your child more comfortable.
2. Bring games and toys that will keep your toddler entertained. Include a portable DVD player so your child can watch their favorite movies during the long flight. This will help keep your toddler occupied.
3. Food on airplanes is usually limited. Bring along some nutritious snacks for your child to keep them from getting hungry. Include some milk, natural juices, fruit, cheese and crackers. Don't give your child sugary snacks like sodas and candy. Excessive sugar can make your toddler feel over stimulated.
4. Make sure you have spare diapers and a change of clothes for your child. Remember to bring along zip bags for soiled diapers and dirty clothes. Your fellow passengers will appreciate your containing any offensive odors.

Your child may begin to annoy passengers if he does not behave well on the trip. There is the possibility that you might be seated near someone who loves children and may even try to assist you in finding ways to entertain your child. But then there's the likelihood that someone will be seated near you who is easily annoyed by children and not at all tolerant. Whatever the case, you want to be polite to your neighbor. Acknowledge your child's behavior and assure them that you are doing everything possible to control your child.

Flying with your toddler can be stressful, but good preparation such as bringing along necessities for entertainment and nutrition can help to calm your child and make the flight more enjoyable for you,

your child and your fellow passengers.

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Air Travel around the world and let your cares fall by the wayside as you take wonderful

vacations.

By Mike Yeager

Air Travel and vacations, to get on a plane and go somewhere, can be one of life's most rewarding experiences. It's so exciting to contemplate an exotic or relaxing destination, for no other reason than to just get away. Half the fun of air travel and vacations, or any trip for that matter, is the anticipation of waiting for the day of departure to arrive.

You know how it is; you're busy with your work and career, deadlines, meetings etc. One afternoon you look over at the calendar and realize that in only 6 weeks, a mere 42 days, you'll be taking off for 10 days of fun, sun and excitement. You get a good, warm feeling knowing that your air travel vacation is just around the corner. Sometimes just knowing that your going on a vacation is all it takes to brighten your day.

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Mike Yeager

Publisher

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