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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Traveling With "A Bump" And/Or Small Children**

**By Rich Neste**

When you're expecting, anticipate a different vacation from what you're used to. Preparation is essential. Plan carefully, spend a little more on nicer accommodations and rent a bigger more comfortable car for your trip if you own a small sporty one. Simplify your itinerary --- and plan on bringing a sense of humor!

Traveling pregnant is just a warm-up exercise for your life for the next few years. It's a peek into your future living with a 2- to five year old. You'll know the location of every restroom along your route! Then there's the moodiness - being bothered by everything, including but not limited to whining, crankiness, and cravings. And is there ever room for all the stuff you have to carry, much less for the actual people in the car?

Seriously - if you must travel during a pregnancy, try to do it during the second trimester, when you're beyond the discomfort of the first, but before you've grown huge in those final weeks close to the baby's due date. Make sure there is enough room to be comfortable in the passenger seats, especially if you will be driving. This is the one time in your life that an upgraded rental model will be worth every penny of the expense! Use common sense - you need to see the family, but be smart. You might be thinking "it's my last chance to go without kids!" But it's best to play it safe. Plan a less - rather than more - ambitious trip. Keep your medical information readily at hand, find out where the local hospitals are along your route, and stay out of dangerous areas.

Pack lots of extra snacks - finger foods and small drink containers. Experience tells me to suggest water as the beverage of choice - it tastes the same whether it's warm or cold, and it doesn't spoil. If it spills (and it will!) water doesn't stain or leave a sticky smelly residue that requires an immediate roadside stop for a complete change of clothes. You can even use a splash of it to clean up little messes as they occur. (You do have plenty of paper towels or tissues in the car, don't you!?)

Snacks? Cheerios (the original kind) are every mom's best friend -they aren't sticky or too sweet (inviting nausea) and they aren't so salty that they need to be washed down with lots of liquid (necessitating more potty pitstops). Even little children can "gum" Cheerios into mush and you won't worry constantly about choking hazards. Sharing? Don't count on it! Everybody gets their own stash.

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Vacuum the car daily....there will be crumbs everywhere! GET OUT OF THE CAR for meals – everyone needs to stretch occasionally for comfort and safety, and you need some civilization as you dine, even if it's just fast food burgers.

Remember, too, that your pregnant self might recoil in horror from things that other people might find perfectly pleasant. This is especially true in the early stages of pregnancy. When my wife was ten weeks pregnant with our first child, we traveled to Florida in early February for a vacation to see relatives and the Super Bowl. We were eating sushi that came by on platter after platter (no raw fish, not that I was exactly craving it) when she began to get sick. After that, everything related to the sea – water, waves, you name it – made her nauseous. To say the least she was not happy. What a trip that turned out to be!

My expectant son and daughter-in-law went to San Francisco and to Lake Tahoe afterward. They made a huge mistake driving to Napa Valley – they passed miles of "fragrant" cattle ranches that left

her gagging and in tears. Every mother has gone through similar situations.

Traveling with a toddler when you're expecting another baby is horrible. Our advice is: "Don't. It will just be exhausting." Unless you absolutely must do it, don't. My vice president's wife said to me one day, "Did you ever notice how helpful strangers can be when you're pregnant – 'Oh, let me get that door for you!' – versus how unhelpful they are when you're pregnant and have a child?" She will never forget staggering to the back of an airplane with a diaper bag swinging from her shoulder, trying not to whack anybody, while holding her tiny daughter's hand and wrestling a huge car seat that didn't fit front-ways in the aisle.. The other passengers and those wonderful flight attendants just watched!

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we know a little about the experiences you are facing. If you

dream of getting away for a beach weekend with your young family, we hope you'll consider Hilton Head Island, SC.

### **Budget Travel and Having Fun While Doing It**

**By Michael Johnson**

Traveling can be expensive. Sometimes there is just no other choice but to travel and it may not be something that you want to spend a lot of money on. There are some ways that you can save money while traveling and still have a comfortable and enjoyable trip.

How to save money by flying

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If you have to travel remember that holidays are the best days to fly. Thanksgiving is a great day because hardly anyone will be flying that day. The day before and the day after a holiday are the worst days to travel. These are the busiest days of the year to be on a plane. Pack light when you are traveling. Extra baggage could cost you time and money and you can save by packing a little less and you will save a lot more.

### Take a train instead of flying

Trains are a great way to travel because they are usually less expensive than a plane. They are also less crowded. When you decide to take a train you will save money that can be used for other things on your vacation.

Traveling with your children can sometimes be a little stressful and maybe even a downright nightmare. However, this does not have to be the case. There are ways for you to keep your children occupied while you are on the road or in the air. You can keep them happy and at the same time keep your sanity.

### Bring along some snacks

The one thing you can always depend on is your child getting hungry. They are always asking for a snack or something to nibble on at the worst possible times. These times are when you are busy or when you have nothing for them to snack on. One good way to prepare for this situation is to bring along a variety of their favorite things. Another good idea is to have some drink boxes on hand for them also. You know if they are hungry then the next thing they are going to say is they are thirsty. Think ahead and get a list of the things they like and pack them along with you.

When you are traveling either alone or with your family, bring your own snacks. This will save you time and money when you get hungry. Sometimes with the hustle of traveling we forget to get ourselves something to eat. This may cause an all of sudden sick feeling for you. By having some snacks on hand you will save yourself the trouble of feeling sick. This will also save you money. Snacks on coach flights and sections are not free and can be expensive in some cases.

### Driving in a car

When you are driving to your destination, there are some things that you can do to save yourself money. Remember to not drive too fast. Driving fast can cause your car to use more fuel. It may also get you a speeding ticket, which will cost you a lot of extra money in the end. It is better to stay at a steady and safe speed while you are driving. Also bring your own food. Make up some sandwiches and bring along some sodas and water. This will save you money and time by not having to stop for

food.

Another good piece of advice when traveling by car is to take turns driving with someone. Make sure that you have another safe driver for times when you need a break. You can sleep while someone else drives for a while and then switch back and forth when a rest is needed. This will save you the expense of paying for a room and get you to your destination sooner.

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If you are traveling with children on a plane, remember to arrive at the airport early. Make sure that you allow yourself plenty of time to get you and your children checked in and not to mention leave yourself some time for bathroom breaks. You know how kids can sometimes slow you down and you want to make sure that you have enough time for the unexpected things that can come up at any given time.

Traveling with your children can be memorable experience in your life and with a little planning and thought; you can make that memory a great one.

M. Johnsona operates a variety of travel websites, travel blogs and newsletters. Visit the website for many money saving tips.

<http://www.findingtraveldeals.com>



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