

Traveling with children - adapted from babycenter.com

It is not recommended that you take long trips with an infant prior to the first set of vaccines. There are many illnesses that are easily spread in close quarters such as airplanes, and while newborns can be reasonably well protected from these from the immune components that they received from you, their immune system is still quite immature. Also, prior to the first set of vaccines, they are very vulnerable to serious bacterial illnesses. Thankfully, vaccines given as early as 6 weeks of age can help protect your baby from serious bacterial infections.

If you are traveling with your young child, these are some recommendations that may make your trip easier:

- Make a list of all emergency contacts and your child's health information (including any prescriptions taken) so that it is available if needed.
- Prepare a "first aid" kit to take with you that includes tylenol or motrin (if your baby is over 6 months), nasal saline drops and any prescription medications he or she takes, even if taken only on occasion. You may also want to bring mylicon if your child is younger and uses this, or benadryl if your child is older.
- Make sure to have the appropriate car seat for your baby whether it be for the car or an airplane or other public transportation. On an airplane, make sure you have an FAA-approved car seat. You can check your airline's website for their regulations. You will only be able to use your FAA-approved car seat if you have bought a ticket for your baby or if there are empty seats on the plane.
- During landing or take-off, if your baby appears to be uncomfortable from air pressure changes, encourage him or her to breastfeed or suck on a bottle or sippy cup. If your baby is in a car seat, it is safer for both you and the baby to remain properly restrained, so a pacifier, bottle or sippy cup would be better to suck on. Your baby may not have any problems with take-off or landing, however; if he or she is sleeping soundly or seems fine, there is no need to disturb him or her.
- If you are crossing time zones, you can help your baby transition by shifting his or her schedule a couple of days prior to travel and getting lots of exposure to daylight once you've arrived. Try to avoid over scheduling in the first couple of days in case your baby is having trouble adjusting.

It is also important to remember other supplies such as food, formula, diapers, a travel-friendly changing pad, an extra set of clothes for you and baby in case of unforeseen spills or accidents, and a blanket and/or toys for comfort.

Finally, if you will be staying in a hotel and can not bring your own crib or playard, request a crib when you make your room reservation and make sure it is either set up appropriately or by you so that it is safe for your child (see the Consumer Products Safety Commission link at <http://www.cpsc.gov/CPSCPUB/PUBS/5030.html>). Alternatively, there are rental companies in various cities where you can rent a playard for your child during your visit.