



Traveling With Children



Overview

Are you planning a trip with your child? Well, here are some things to keep in mind for a smooth and safe trip.

By car

If you're traveling by car, you need to bring drinks, snacks and hand wipes. Bring some soft toys for your child to play with. Music and videos are great, too. Make sure you install your child's car seat correctly. Plan time for breaks. You should stop about every two hours and get out of the car for a bit. And never leave your child alone in the car, not even for a minute.

By plane

If you're traveling by plane, give yourself extra time to get through security. If your child is old enough, talk about airport security procedures so they know what to expect. Bring toys and snacks for the plane. And don't forget about ear pain from pressure changes. Sucking on a bottle, drinking through a straw or chewing gum can help.

Traveling abroad

If you're traveling out of the country, you have a few other things to consider. Before you go, make sure your child gets all the vaccines they need. Bring enough medications to last the entire trip. If you'll be using a car in another country, bring your child's car seat with you. You may not find the right car seat where you're going. For more tips, talk to your child's doctor.