



South Lake Pediatrics
Infant, Child & Adolescent Care
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www.southlakepediatrics.com

TRAVELING WITH A BABY: AIR TRAVEL

- **We recommend avoiding flying prior to your child's first vaccinations at two months of age.** Talk to your Pediatric clinician if this is unavoidable.
- *Planning for your flight:* If you can, schedule your flight to avoid the busiest times of day at the airport. If connecting, allow a little more time between flights.
- *Reserving seats:* The American Academy of Pediatrics (AAP) recommends, and we'd encourage you to reserve a seat for every child – this is the safest option. If you choose not to purchase a ticket, Federal Aviation laws allow a child under 2 years old to sit in an adult's lap.
- *Car seats:* Your car seat can be brought aboard the plane, strapped into the plane's seat, and then your child can be strapped comfortably inside it. If you choose to keep your child in your lap, it is still best to travel with a car seat as you will likely need it at your destination. Car seats may either be checked through with your baggage or "gate checked" as you're boarding the plane (it helps to pack it in a plastic bag or duffle bag to keep it clean). We'd also advise NOT to order a car seat with a rental car, as rental car agencies will never guarantee they'll have a car seat on-hand (or the right one for your child's size and age) when you arrive to pick up your car.
- *Packing snacks and drinks:* Rules about these are frequently changing. Currently, bottles of breastmilk or formula are allowed for small children. However, for the most up-to-date regulations, go to www.tsa.gov and click on "traveling with children."
- *Arriving at the airport:* Give yourself plenty of time. Arrive at the airport and check-in early so that you can get the baby settled before others board the plane.
- You should NOT give any sedatives, such as Benadryl, to a child before flying.
- Traveling with a portable stroller can be a lifesaver! You can use it throughout both the departing and destination airports by "gate checking" it just before boarding your plane. Ask the airline personnel at your departure gate to help you complete the gate check.
- Changing diapers on the plane is quite a challenge! Try to change your child just prior to boarding.
- *For takeoff and landing:* Remember that your baby's ears may plug up or hurt during takeoff or landing due to the change in cabin air pressure. Swallowing helps equalize the air pressure. You can help your baby's ears clear by nursing or feeding when the plane is climbing or descending. You can offer light snacks (such as Cheerios) for older children to eat during takeoff and landing.

We hope you have a fun trip!!

7-08 KS, JM