

The Ultimate Survival Guide to Flying with Babies and Toddlers

Flying with babies and toddlers can be a daunting experience, but it doesn't have to be. With the right preparation and a few essential items, you can make your next flight a breeze. This comprehensive guide covers everything you need to know, from choosing the right seat to packing the perfect diaper bag.



The Survival Guide to Flying with Babies and Toddlers

by Dr. Alison DiBarto Goggin

★★★★☆ 4.2 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
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Print length	: 89 pages
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Choosing the Right Seat

When choosing a seat for your baby or toddler, there are a few things to keep in mind:

- **Window or aisle?** Window seats are great for babies and toddlers who like to look out the window and stay entertained. Aisle seats are

more convenient for getting up and down to change diapers or feed your child.

- **Bulkhead seats** have more legroom, which can be helpful if you have a baby or toddler who likes to crawl around. However, these seats are often more expensive.
- **Exit row seats** have even more legroom, but they are not recommended for children under the age of 2.

Packing the Perfect Diaper Bag

Your diaper bag is your lifeline when you're flying with a baby or toddler. Make sure to pack everything you need, including:

- Diapers and wipes
- Formula or breast milk
- Bottles or sippy cups
- Snacks
- Change of clothes
- Toys and entertainment
- First-aid kit
- Sanitizer

Entertaining Your Child on the Plane

Keeping your baby or toddler entertained on the plane is essential for a stress-free flight. Here are a few tips:

- **Bring plenty of toys and activities.** Books, stuffed animals, and small toys are all great options.
- **Let your child watch videos or play games on your phone or tablet.** Just make sure to bring headphones so you don't disturb other passengers.
- **Get up and move around every hour or so.** Take a walk up and down the aisle or play a game of peek-a-boo in the bathroom.

Other Tips for Flying with Babies and Toddlers

- **Arrive at the airport early.** This will give you plenty of time to check in, go through security, and find your gate.
- **Bring a stroller or carrier.** This will help you transport your baby or toddler through the airport and onto the plane.
- **Dress your child in comfortable clothes.** Layers are always a good idea, in case the temperature on the plane fluctuates.
- **Be prepared for delays.** Delays are inevitable, especially when you're flying with a baby or toddler. Just try to stay calm and patient.
- **Don't be afraid to ask for help.** The flight attendants are there to help you, so don't hesitate to ask them for anything you need.

Flying with babies and toddlers can be a challenge, but it's definitely possible with the right preparation. By following these tips, you can make your next flight a breeze.

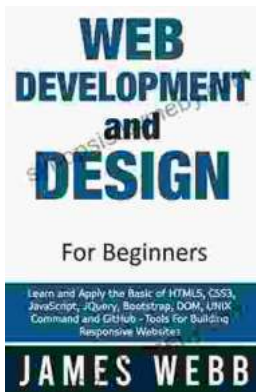
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