

## Traveling with Little Ones

It's the most beautiful time of the year—but it may also be a little chaotic if you plan to travel with small children in tow.

Here are a few tips, tricks, and helpful hints to make holiday traveling a little easier:



- \* If you're traveling by plane, try feeding your child a small snack during take-off or landing to help "pop" their ears.
- \* Bring familiar items along—a favorite toy or snuggly blanket may help a child feel more comfortable and secure during travel.
- \* Remember to dress your child in easy-to-remove clothing to make diaper changes quick and easy. Layers are also helpful as airplanes tend to get chilly!
- \* Try and stick with your child's regular sleeping and eating schedule as much as possible.
- \* Traveling is a great way to introduce new smells, sights, sounds, and textures to your child. Get creative and have fun exploring new surroundings!
- \*Due to COVID 19 precautions, many airlines require children above the age of two to wear a mask. If requesting a mask exception is something you are planning, be sure to check your specific airline's policies and procedures.

