



TIPS FOR TRAVELING WITH SMALL CHILDREN

- Choose a kid friendly destination/resort
- Don't try to do everything as if you're traveling by yourself - Be flexible
- Early mornings may be easier than late nights (flights, activities, etc.)
- Talk to your kids about what to expect
- Have a good mix of activities and relaxation time
- Work around nap times or your kids' schedule
- If possible, make dining reservations in advance
- Bring layers of clothing for any type of weather
- Bring extra chargers & pre-download movies/games on tablets
- Pack extra clothes and/or diapers
- Buy life jackets or floaties in advance (lay flat in suitcase)
- If you need to bring a stroller or car seat - you can gate check them for free at the airport
- Some hotels/resorts provide cribs/pack 'n plays, high chairs, etc.
- Buy a new toy for a fun distraction on the plane
- On the plane - sucking on a pacifier, bottle, sippy cup, snacks, or breastfeeding can help with popping ears during takeoff and landing
- Bring empty water bottles to the airport (fill with water before flight)
- Try to keep calm if something goes wrong - kids feed off your energy
- Try to enjoy this time together, and don't sweat the small stuff - Making good memories with your kids is more important!